

Adult Reconstructive Surgery
OrthoIllinois – Hip and Knee Center

Jena Carnell, ATC, ROT
Clinic Lead

Clinic Locations:

650 South Randall Road
Algonquin, IL 60102

1435 North Randall Road, Suite 103
Elgin, IL 60123

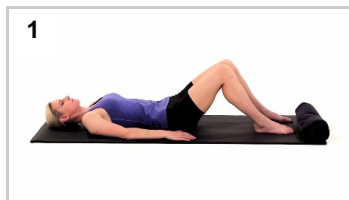
Phone: (815) 398-9491 – Fax: (815) 381-7498

Post-Operative Exercises - Total Knee Replacement

- Perform these exercises daily for the first 3-5 days after surgery.
- You may rest for about 24 hours if you cannot tolerate the exercises, then slowly try to reintroduce.
- The most important thing is to work on getting your knee fully straight and bent to 90 degrees within the first few days after surgery.
- After 3-5 days you will likely transition to outpatient therapy.

Supine Knee Extension Stretch on Towel Roll

SETS: 1	HOLD: 15 MINUTES	DAILY: 6	WEEKLY: 7
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Setup

Begin lying on your back with both legs bent and your feet resting on the floor.

Movement

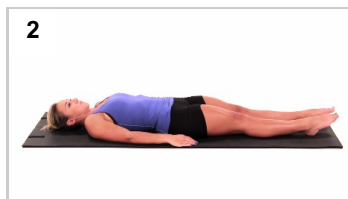
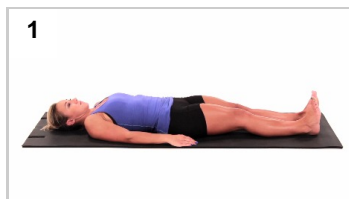
Place one heel on a towel roll and relax your leg muscles to straighten your knee. Hold this position.

Tip

Make sure to keep your back flat against the floor during the stretch.

Supine Ankle Pumps

REPS: 12	SETS: 2	DAILY: 3	WEEKLY: 7
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Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Seated Heel Slide

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



Setup

Begin sitting upright with your surgical leg straight forward, foot resting on the floor.

Movement

Slowly slide your heel backward, bending your knee as far as you can. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your foot in line with your leg and do not let your foot rotate outward or inward during the exercise.

Supine Heel Slide

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Standing Knee Flexion AROM with Chair Support

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



Setup

Begin standing with your hands resting on a stable surface.

Movement

Pick up one foot and bend your knee as far as you can. Then, lower your leg back to the floor and repeat.

Tip

Make sure to keep your back straight and maintain your balance throughout the exercise.