

Ankle Pumps

Perform PreSurgery

Perform PostSurgery



Gently bend ankles up & down pointing toes away from knees, then pulling them back towards knees. Move through full range of motion.

Repeat ____ times. Do ____ sessions a day.

Quadriceps Sets

Perform PreSurgery

Perform PostSurgery



Place a small rolled towel under back of knee (discontinue towel roll when no longer needed for feedback) Tighten muscles on top of thigh (**XXX**) pushing the back of knee down, into towel. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Gluteal Sets

Perform PreSurgery

Perform PostSurgery



Lying on back with legs straight, tighten buttock (**XXX**) muscles. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Short Arc Quads

Perform PreSurgery

Perform PostSurgery



Place rolled pillow or towel under back of knee. Straighten leg from knee down by tightening muscles (**XXX**) on top of thigh. Keep back of knee in contact with roll at all times.

Repeat ____ times. Do ____ sessions a day.

Heel Slides

Perform PreSurgery

Perform PostSurgery



Bend knee, pulling heel toward buttocks through FULL range of motion. Slide heel back out until leg is fully straight.

Repeat ____ times. Do ____ sessions a day.

Heel Slides w Assist

Perform PreSurgery

Perform PostSurgery



With PROFlex strap, sheet or belt pull heel toward buttocks, bending knee until feeling a stretch. Hold 5-10 seconds.

Repeat ____ times. Do ____ sessions a day.

Hip Abduction/Adduction

Perform PreSurgery

Perform PostSurgery



Keeping leg straight and toes pointed toward ceiling, bring leg out to the side and back in. **DO NOT** pass midline of body when bringing leg back in.

Repeat ____ times. Do ____ sessions a day.

Straight Leg Raise

Perform PreSurgery

Perform PostSurgery



Bend opposite knee, placing that foot flat. Flex foot, pointing toes toward ceiling. Tighten muscles on top of thigh (XXX). Keeping knee straight. Slowly lift leg up 8-10 inches not raising any higher than opposite bent knee.

Repeat ____ times. Do ____ sessions a day.

Pre/Post Knee Surgery Exercises

Long Arc Quad

Perform PreSurgery

Perform PostSurgery



Sit upright, back in chair w/ thighs supported, feet flat on floor. Straighten leg at knee until fully extended or as tolerated. Do not lift thigh off chair. Hold 3-5 seconds then lower foot back down to floor.

Repeat ____ times. Do ____ sessions a day.

Sitting Knee Flexion

Perform PreSurgery

Perform PostSurgery



Sit upright in chair, feet flat on floor. Pull heel back toward chair (use strap to assist if needed), bend knee until stretch is felt or reaching full motion. Slide foot back out to starting position.

Repeat ____ times. Do ____ sessions a day.

Sitting Hamstring Stretch

Perform PreSurgery

Perform PostSurgery



Sit upright in chair, prop heel on another chair. Keep back straight, lean forward at hips until gentle stretch is felt in back of knee or thigh. Do not allow knee to bend. Hold stretch for ____ seconds. Return to starting position

Repeat ____ times. Do ____ sessions a day.

Sitting Calf Stretch

Perform PreSurgery

Perform PostSurgery



Sit on bed or in recliner (leg rest out), place strap around foot. Relax ankle, use arms to pull foot toward knee until gentle stretch in calf is felt. Hold ____ seconds. Relax and return to starting position

Repeat ____ times. Do ____ sessions a day.

Pre/Post Knee Surgery Exercises

Standing Calf Stretch

Perform
PreSurgery

Perform
PostSurgery



Stand w/ hands on supportive surface. Move leg being stretched 1 step backwards. Keep heel on floor w/ knee straight. Lean forward, allow opposite knee to bend, gentle stretch felt in calf. Hold ____ seconds, relax

Repeat ____ times. Do ____ sessions a day.

Notes: