

## PRE-OPERATIVE EXERCISES

### Ankle Pumps



Flex foot. Point Toes.

### Quad Sets (knee push-downs)



Lie on back, press knee into mat, tightening muscles on front of thigh. Do not hold breath.

### Straight Leg Raise-**KNEES ONLY**



Lie on back, unaffected knee bent, and foot flat. Lift opposite leg up 12 inches. Keep knee straight and toes pointed up. Relax.

### Abduction and Adduction (slide heel out and in)-**HIPS ONLY**



Lie on back, slide legs out to side. Keep toes pointed up and knees straight. Bring legs back to starting point.

### Heel Slides (slide heel up and down)



Lie on couch or bed. Slide heel towards your bottom.

### Short Arc Quads



Lie on back, place towel roll under thigh. Lift foot, straightening knee. Do not raise thigh off roll.

### Long Arc Quads



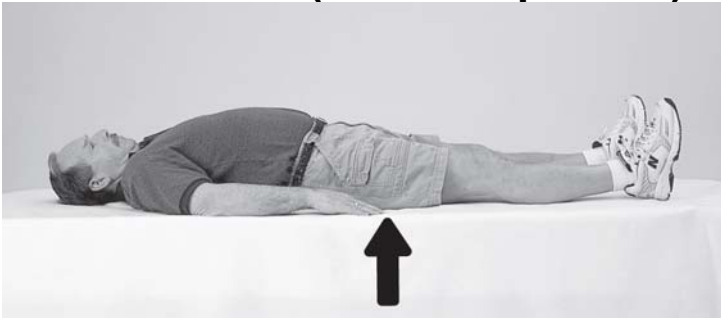
Sit with back against chair. Straighten knee.

### Armchair Push-ups



This exercise will help strengthen your arms for walking with crutches or a walker. Sit in an armchair. Place hands on armrests. Straighten arms, raising bottom up off chair seat if possible. Feet should be flat on the floor

### Gluteal Sets (bottom squeezes)



Squeeze bottom together. Do not hold breath.

## POST-OPERATIVE EXERCISES

(in addition to pre-op exercises)

### Seated Knee Flexion-**KNEES ONLY**

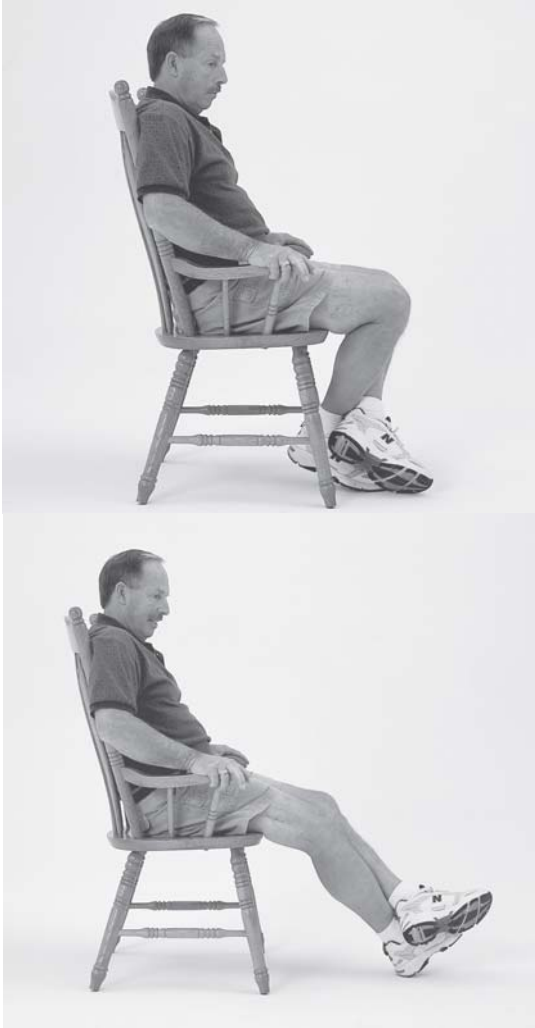
Sitting on straight back chair, cross legs with affected leg on bottom. Slide feet underneath chair. Keep hips on chair. Try to gently stretch and bend knee as far as possible. Plant foot and move bottom forward on chair.

### Hip Flexion with Straight Leg-**HIPS ONLY**



Standing, hold on to firm surface. Raise operated leg forward with knee straight.

## Knee Extension Stretch Long Arc- **KNEES ONLY**



Sit with back against chair. Straighten knee.

## Knee Extension Stretch Long Arc- **KNEES ONLY**



Prop foot of operated leg up on chair. Place towel roll under ankle and ice pack over knee. Put 5-10 pounds of weight on top of knee (rice works well). Do for 20 minutes.

## Standing Hip Extension-**HIP ONLY**



Standing, hold on to firm surface. Bring leg back as far as possible, keeping knee straight. Stand upright.

**Ankle Dorsiflexion-Plantar Flexion- HIP ONLY**



Standing, hold on to firm surface.  
Raise up on toes. Go back on heels.

**Quarter Squat - HIP ONLY**



Feet shoulder-width apart and back to wall. Slide down wall until knees are at 30-40 degree bend.

**Check Off Completed Exercises**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Weeks Pre-Op							
1 Week Pre-Op							
1 Week Post-Op							
2 Week Post-Op							
3 Week Post-Op							
4 Week Post-Op							
5 Week Post-Op							
6 Week Post-Op							