

## Post-Operative Knee Exercises

- Regular exercise to restore your knee mobility and strength is necessary.
- These exercises should be started at home during your first week postoperative.
- If your knee swells or hurts after a particular exercise activity, you should lessen or stop the activity until you feel better. You should Rest, Ice, Compress (with an elastic bandage), and Elevate your knee (R.I.C.E.). Contact your surgeon if the symptoms persist.



### Sitting Knee Extension Stretch:

- Place your operated leg straight out resting on an ottoman or a chair. Gently let your knee straighten as you relax your leg.
  - Hold for 30 seconds
  - Repeat 10 times
  - 3 times per day



### Knee Bending Stretch:

- Slowly slide your operated leg backwards until a stretch is felt.
- Use the other leg to help bend the knee even more.
  - Hold for 10 seconds
  - Repeat 10 times
  - 3 times per day



### **Quad Sets:**

- Tense the muscles of the front of your thigh, of your operated leg, while simultaneously squeezing your buttocks.
  - Hold for 10 seconds
  - Repeat 10 times
  - 3 times per day



### **Straight Leg Raises:**

- Lying on your back, bend the uninvolved leg. Tighten the muscles on the front of the leg on your surgical leg.
- Lift the leg 6-8 inches from the surface keeping the knee locked
  - Hold for 5 seconds and slowly lower
  - Repeat 10 times
  - 3 times per day.



### **Ankle Pumps:**

- While lying on your back with your leg elevated, slowly bend and straighten your ankle through your full range of motion.
  - Repeat 20 times
  - 3 times per day.