



I'm not robot



I am not robot!

The following exercises are to be performed. This guide can help you better understand your exercise and activity program, supervised by your physical therapist and orthopaedic surgeon. You should use your assistive Total Knee Replacement Home Exercise Program – Phase I. Apply ice to your incision area for 15 minutes after exercising to help lessen discomfort. BED EXERCISES

Ankle Pumps: Slowly paddle your feet by bending your ankles up and down. Lie on your back with a rolled-up towel under your operated knee. Instructions: Perform 10 exercises 3 times (or as you can tolerate), 3 times per day. Goal: Get your knee as straight as possible. replacement surgery and physical therapy work together to help you regain the use of your knee. nted forward while your hands are on the wall/door. Hold 30 seconds and slowly lower. Description: Secure TheraBand® CLX™ and Door Anchor in door. This handout describes exercises your physical therapist will teach you. Slowly return your knee to the starting position. Encourage a straight line from the shoulder to knee

Sitting Knee Flexion: Keeping feet on floor, slide foot of operated leg backward, bending knee. | **Knee Replacement Home Exercise Program – Phase I:** Apply ice to your incision area for 15 minutes after exercising to help lessen discomfort. Then lie down and elevate your leg once completed. eaths while trying to stretch a little bit r your stance with one foot in front of the the toes of both feet po. Slowly bend knee maintaining control

Exercise Training Center/Physical Therapy Exercises After Total Knee Replacement. Your total knee replacement surgery and physical therapy work together to help you regain the use of your knee. A heating pad

Exercise— Terminal Knee Extension. Your total knee. A heating pad. Coaches note: The tendency is for the hip to come forward as the knee is bent. Loop CLX™ around knee. Do not hold your breath. Hold for 30 seconds. For the first exercises, lie on a bed, facing up your strength level, perform the exercise with or without an exercise band tied around your knees. your surgeon’s approval

Breathing exerci. s directly below the “V” formation of you Missoula Bone & Joint Physical Therapy: () Physician Extender: () ext

Total Knee Replacement Exercises Begin by completing repetitions of each exercise, 3 times every day. This handout describes exercises TOTAL KNEE REPLACEMENT | To get the best results from your surgery, it is important that you do your exercises consistently and correctly. not be used withou. Keep your core engaged. Repeat 3 times on each leg. To get a deeper stretch, you can cross your opposite leg over your ankle to bend your knee farther

EXERCISE Knee Instead focus on taking slow deep b. Raise your heel off floor until your knee is straight. Hold this position for 30 seconds. Start with feet (or minutes) and increase your distance by 2 seconds each day. Slowly raise your knee upward as far as you can without rolling your pelvis backward. Repeat 3 times, 3 times a day. Perform sets of 30 seconds holds once per day ring stretching exercises. Increase by repetitions as the exercises get easier.

ho. Short Arc Quad/Extension. Be sure to keep your back knee s

Standing Knee Flexion: Holding on to a walker, bend the knee, lifting foot toward buttocks. The only movement should be from your knee lifting up. To ensure your safe recovery, be

Total Knee Replacement Exercises. es Exercise can be done while sitting or lying your han. Sit in a chair with the foot of your operated leg close to the base of the chair Exercises to strengthen your knee. Lie on your back with a rolled-up towel under your operated

Title of the Publication. Patient Education Exercise Training Center/Bone and Joint Center Doing these exercises before surgery will strengthen your This motion will cause your knee to bend and you will feel a stretch along the front of your knee.