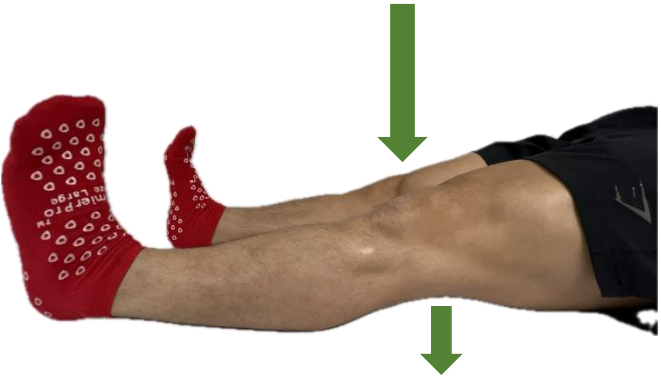
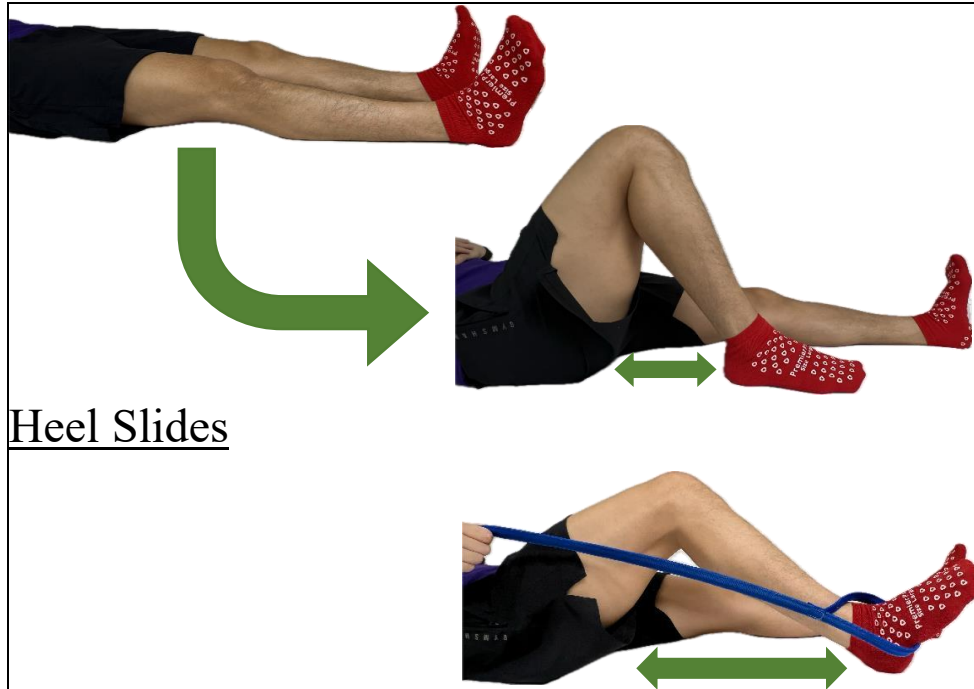


Greater Baltimore Center for Rehabilitation Medicine
Acute Care Physical & Occupational Therapy

Range of Motion and Strengthening Exercises
Total Knee Replacement

<u>Ankle Pumps</u> 	<u>Ankle Pumps</u> Move Ankles Up and Down. Repeat ____ times on each foot. You can move both feet at the same time or alternate left and right.
<u>Quad Sets (knee push downs)</u> 	<u>Quad Sets</u> Press both knees into the chair or the bed while tightening the muscles on the front of the thigh. Hold for a count of five seconds and DO NOT hold your breath. Repeat ____ times.
<u>Gluteal Sets (bottom squeezes)</u> 	<u>Gluteal Sets</u> Squeeze bottom together. Hold for a count of five seconds and DO NOT hold your breath. Repeat ____ times.



Heel Slides

Heel Slides

Start lying down in a bed or reclining on a supportive chair with both legs out straight.

Slide the heel of one leg towards your bottom and then straighten out.

You may use a leg lifter, a strap or a sheet to assist with this movement only if needed. Check with your therapist for any limits of movement after your surgery.

Repeat ____ times.

Short Arc Quads



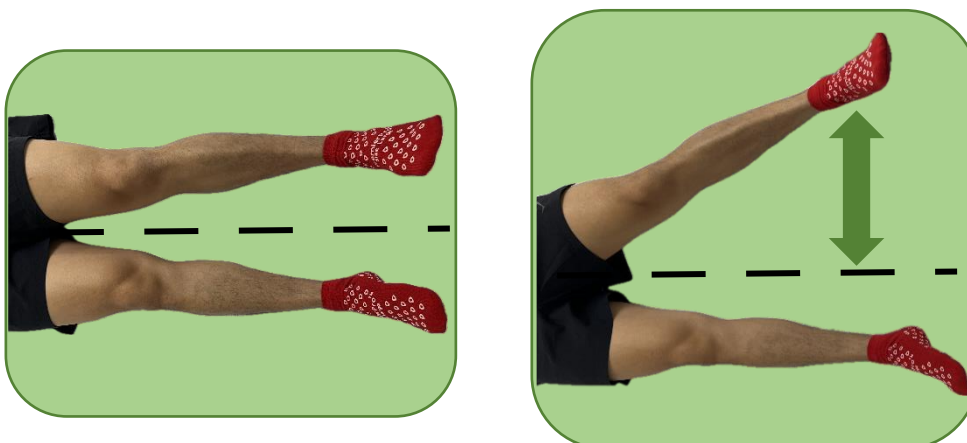
Short Arc Quads

Start lying down in a bed or reclining on a supportive chair with both legs out straight and with a blanket or foam roll under knees.

Lift your foot up by straightening your knee and keeping your thigh against the roll.

Repeat ____ times.

Hip Abduction and Adduction (slide leg in and out)



Hip Abduction and Adduction

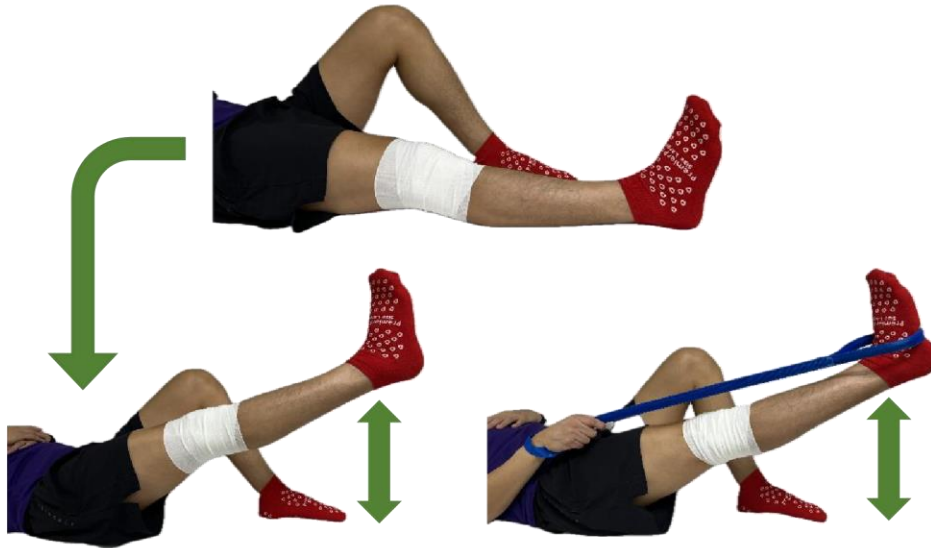
Start lying down in a bed or reclining on a supportive chair with both legs out straight.

Keep your toes pointed up and your knees straight and slide your leg out to the side.

Return to starting position.

Repeat ____ times.

Straight Leg Raises



Straight Leg Raises

Start lying down in a bed or reclining on a supportive chair with one leg straight and the other one bent.

Keep your toes pointed up and your knee straight and lift your leg off the bed and return it to the starting position.

You may use a leg lifter, a strap or a sheet to assist with this movement only if needed.

Repeat ____ times.

Long Arc Quads



Long Arc Quads

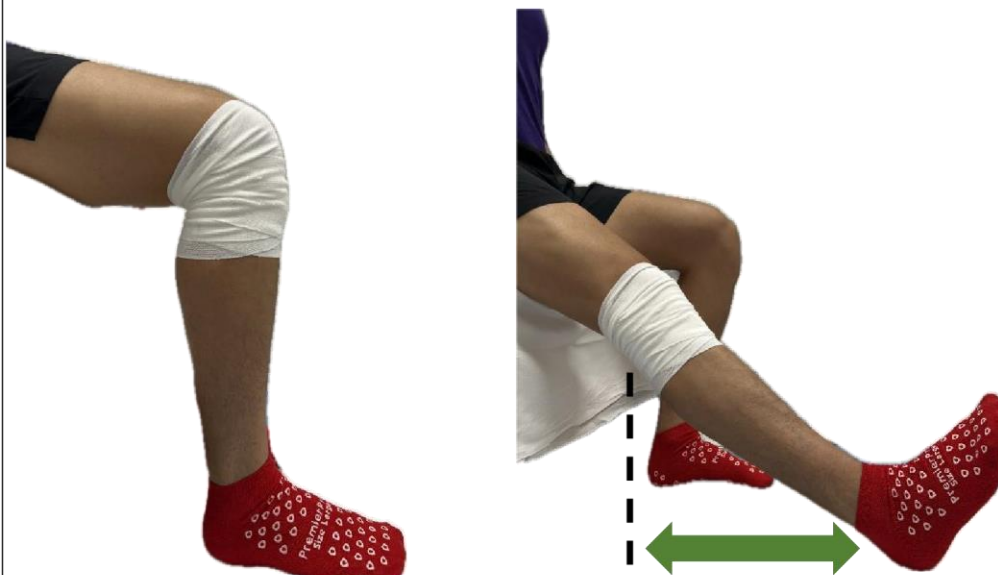
Sit up straight on a firm surface or chair.

Straighten your knee and hold for a count of five.

Return your foot to the floor.

Repeat ____ times.

Seated Heel Slides



Seated Heel Slides

Sit up straight on a firm surface or chair.

Slide your foot forwards on the floor while trying to straighten your knee as much as possible.

Slide your foot backwards on the floor while trying to bend your knee back as much as possible.

Repeat ____ times.

Seated Hamstrings Stretch



Seated Hamstrings Stretch

Sit on a bed or reclining supportive chair with one leg out straight.

Lean forwards at the hips while keeping your knee and back straight and with toes pointed upwards.

You should feel a stretch in the back of your thigh.

Hold for 20-30 seconds.

Repeat ____ times.

Armchair Push-Ups



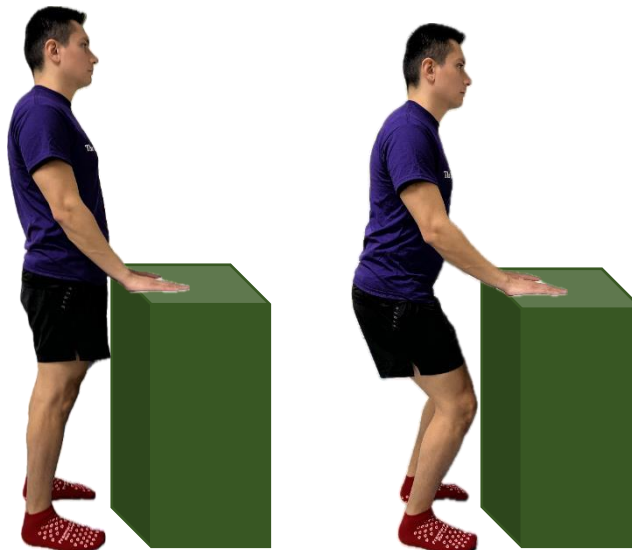
Armchair Push-Ups

Sit in a chair with your hands on the armrests and your feet flat on the floor.

Push up and straighten your arms while raising your bottom up off the chair. Lower slowly.

Repeat ____ times.

Mini Squats



Mini Squats

Hold on to a stable surface like a counter or railing with your feet flat on the floor.

Bend slightly at the knees and keep your back straight.

Return to standing position.

Repeat 20 times.