


## **Knee Replacement Rehabilitation**

The following exercises are commonly used for rehabilitation following knee replacement surgery. However, each knee surgery is unique and each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises

# Rocky Mountain Orthopaedic - Physical Therapy

<p><b>Knee Replacement Rehab</b> <b>Phase1</b> <b>Ankle Pumps</b> Alternate pointing and flexing feet. 10 - 30x</p>		
<p><b>Ball Roll</b> Roll ball back and forth to bend and fully straighten your knee. 10 - 30x</p>		
<p><b>Butt Lift</b> Lift your butt trying to make a straight line from your ankle to shoulder. 10 - 30x</p>		
<p><b>Ball Straight Leg Raise</b> Keeping your leg straight lift your leg until you feel a stretch in the back of your leg. 10 - 30x</p>		
<p><b>Short Arc Quad</b> Place a rolled up towel under your knee and lift your foot straightening your knee fully. 10 - 30x</p>		

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## **Knee Straightening**

Press your thigh down to fully straighten your knee. A rolled up towel under your heel may help further straighten the knee.  
Hold for 10 seconds repeat 10X



## **Knee Straightening**

From a seated position straighten your knee fully.  
10 - 30x


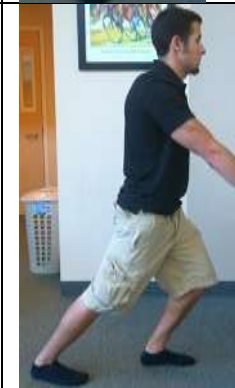




## **Knee Bending**

From a seated position bend your knee by scooting your foot back or sliding your butt forward.  
Hold 5 seconds repeat 10x



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<p><b>Knee Replacement</b> <b>Phase 2</b> <b>Heel Raise</b> Raise and lower your body while standing. Emphasize keeping your knees straight. 10 - 30x</p>		
<p><b>Calf Stretch</b> Keep your back leg straight and foot straight forward as you lean forward to stretch the back of your lower leg. Hold 5 seconds repeat 10x</p>		
<p><b>Squat</b> With your feet shoulder width apart squat down. Only squat as deep as you are comfortable. 10 - 30x</p>		
<p><b>Knee Bend A</b> Keep your knees parallel and bend your knee lifting your heel toward your butt. 10 - 30x</p>		

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## **Knee Bend B**

Bend your knee by sliding your ankle parallel to your other leg.

10 - 30x







## **Cycle**

Cycle at a low resistance. Lower your seat as you are able to bend your knee further.



5 - 20 minutes



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<p><b>Knee Replacement</b> <b>Phase 2</b> <b>Butt Lift March</b> Hold your butt up while alternately lifting your legs. 10 - 30x</p>	
<p><b>Butt Lift / Ball Roll</b> Simultaneously lift your butt and roll the ball toward your butt. 10 - 30x</p>	
<p><b>Single Leg Stand</b> Stand on one leg and balance. Use your fingers to provide support initially. As you improve try keeping your knee slightly bent while balancing. Hold 10 – 20 sec and repeat 3 – 5x</p>	
<p><b>Side Stepping</b> Place resistance band around your ankles and walk sideways keeping your feet pointed straight forward. Avoid leaning your upper body or sliding your foot. 10 - 30x each direction</p>	

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<p><b>Side Stepping with Squat</b> Maintain a squat position while walking sideways. 10 - 30x each direction</p>		
<p><b>Step Up</b> Step up onto a step leading with your right leg 10 times then lead with your left leg 10 times.</p>		
<p><b>Step Down</b> Balance on your right leg as you reach down to touch the floor with your left foot and repeat 10x. Switch feet and repeat.</p>	