

UK HealthCare.

Good Samaritan

UK ORTHOPEDICS TOTAL KNEE REPLACEMENT HOME EXERCISE PROGRAM

Dr. Duncan

Phase I

Physical and Occupational Therapy

University of Kentucky Good Samaritan 125 East Maxwell Suite 101 Lexington, Kentucky 40536

Phone (859) 218-3355 Fax (859) 257-2343 www.ukhealthcare.uky.edu/goodsamaritan

Total Knee Replacement
Patient Education Information

Physical therapy will play a significant part in your recovery after surgery. You will have many questions throughout rehabilitation. This information sheet will help to answer some of those questions. Please ask your physical therapist to answer any further questions.

Activity

Physical therapy will begin the day of surgery with exercises and assistance getting out of bed. On the first day after surgery you will start walking with a walker. Remember, the sooner you start activity the easier your rehabilitation will be.

Exercises

You will receive physical therapy two times a day while in the hospital. Your physical therapist will assist you with the exercises and progress them each day. Upon discharge from the hospital, you will receive a packet of exercises designed specifically for you. You must continue your exercise program at home two to three times a day.

Walking

A walker or crutches will be needed to help you walk for a few months. The walker should be used in the following pattern:

Walker, surgical leg, unaffected leg

When going up steps, go up with your unaffected leg first

When going down steps, go down with your surgical leg first

(Up with the Good, Down with the Bad)

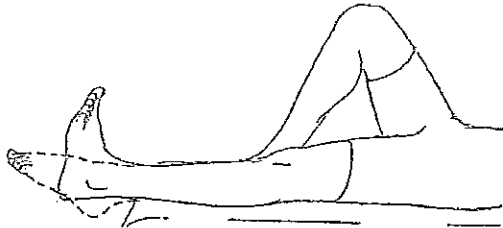
Do's

- Do your exercises 2-3 times each day
- Do use ice on your knee to decrease swelling
- Do get out of bed as soon and as much as possible
- Do use NMES garment as directed

Do not's

- Do not put a pillow under your knee
- Do not keep your knee bent all the time
- Do not try to get out of bed on your own while in the hospital

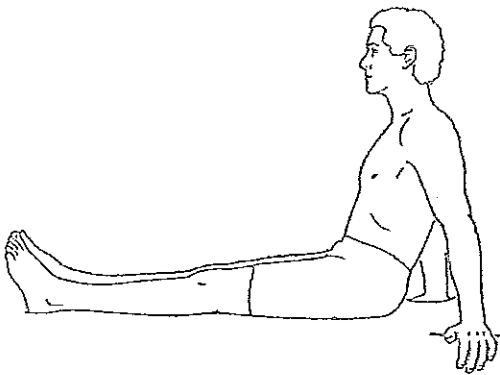
Ankle Pumps



With leg relaxed, gently flex and extend ankle.
Move through full range of motion. Avoid pain.

Repeat 20 times per set.
Do 2-3 sessions per day.

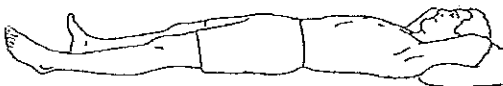
Knee Push Downs



Tighten muscles on top of thighs by pushing knees down into surface.
Hold 3 seconds.

Repeat 20 times per set.
Do 2-3 sessions per day.

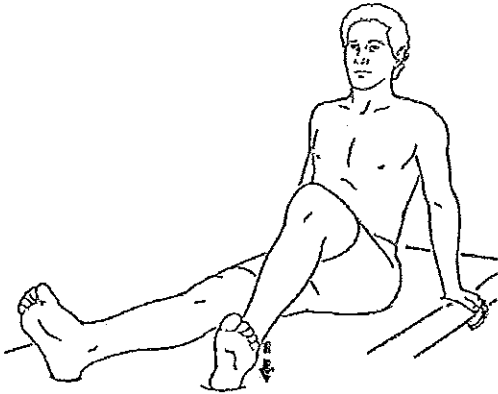
Buttocks Squeeze



Tighten buttock muscles. Hold 3 seconds each.

Repeat 20 times per set.
Do 2-3 sessions per day.

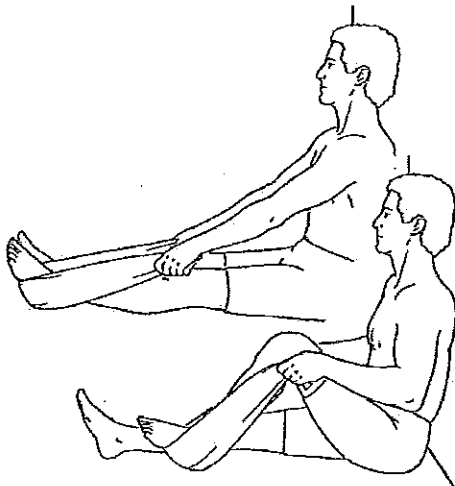
Hamstring Set



With surgical foot turned out, tighten muscles on back of thigh by pushing heel down into surface. Hold 3 seconds.

Repeat 20 times per set.
Do 2-3 sessions per day.

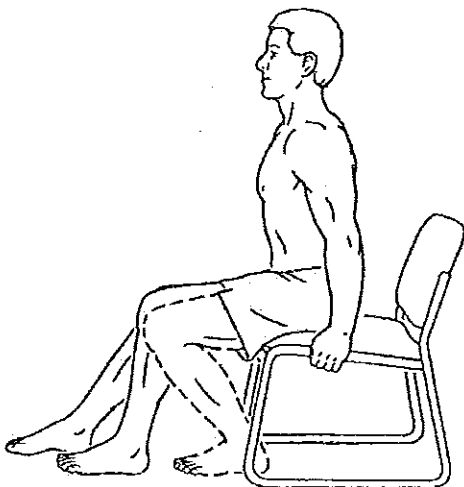
Heel Slides



With towel around surgical foot, gently pull knee up with towel until stretch is felt. Hold 3 seconds.

Repeat 20 times
per set.
Do 3 sessions
per day.

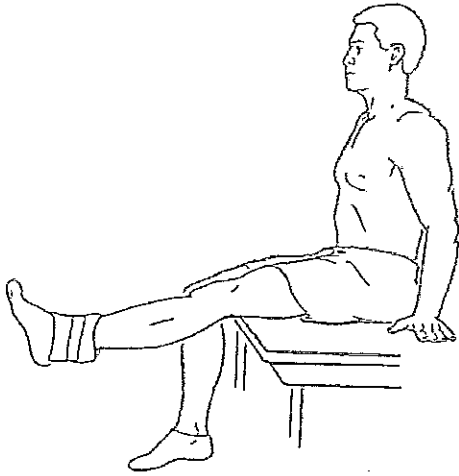
Seated Knee Flexion



Slide surgical foot back until gentle stretch is felt. Keep entire foot on floor. Hold 3 seconds.

Repeat 20 times
per set.
Do 3 sessions
per day.

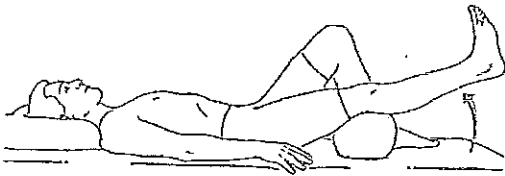
Long Arc Quad



Start with surgical leg in bent position, then straighten knee fully and hold for 3 seconds. Lower slowly.

Repeat 20 times per set.
Do 2 sessions per day.

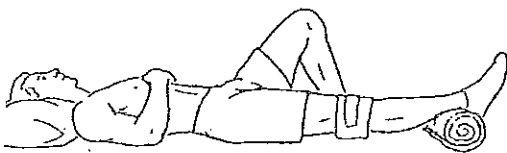
Short Arc Quad



With surgical knee over bolster (pillow), straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster. Hold 3 seconds.

Repeat 20 times per set.
Do 2 sessions per day.

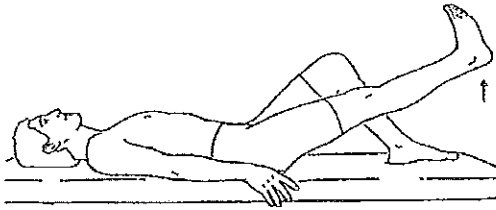
Towel Prop



With rolled towel under surgical ankle, place 2-5 pound weight across knee. Hold 15-30 minutes.

Repeat 1 times per set.
Do 3 sessions per day.

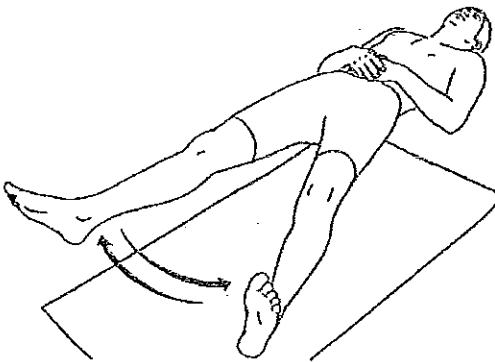
Straight Leg Raise



Tighten muscles on front of surgical thigh, then lift leg 6-10 inches from surface, keeping knee locked. Slowly return to starting position and let leg relax.

Repeat 20 times per set.
Do 2 sessions per day.

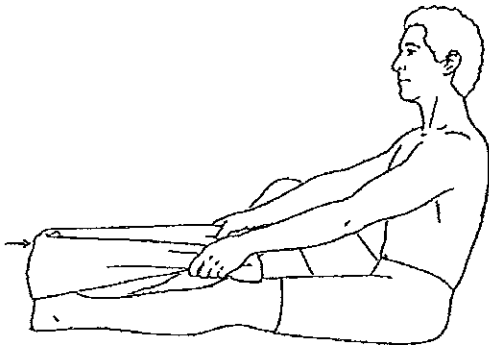
Hip Abduction / Adduction:



Lift surgical leg 1-2 inches and move out to side and return. Keep knee straight.

Repeat 20 times per set.
Do 2 sessions per day.

Stretching: Calf -- Towel



Sit with knee straight and towel looped around surgical foot. Gently pull on towel until stretch is felt in calf.
Hold 30 seconds.

Repeat 4 times per set.
Do 3 sessions per day.

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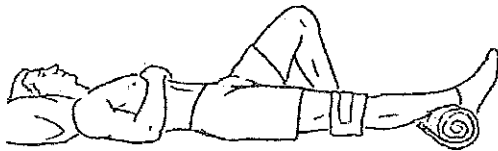
Phase II

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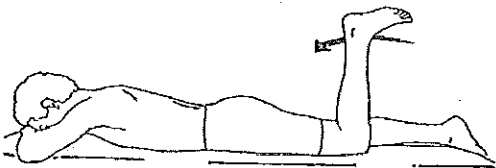
Towel Prop



With rolled towel under surgical ankle, place 2-5 pound weight across knee. Hold 15-30 minutes.

Repeat 1 times per set.
Do 3 sessions per day.

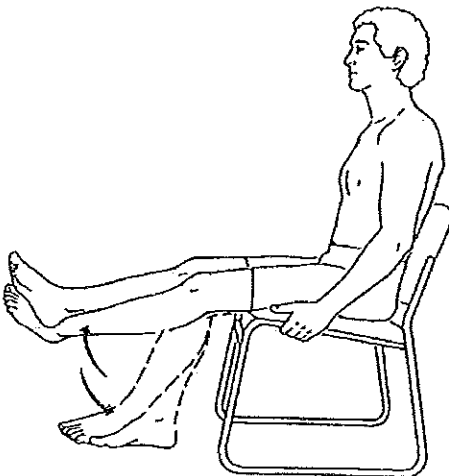
Knee Flexion (Prone)



Place bedsheet around surgical ankle. Pull with arms bending surgical knee toward buttocks as close as possible. Hold 3 seconds.

Repeat 20 times per set.
Do 3 sessions per day.

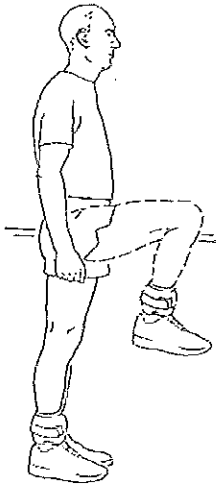
Knee Flexion With Overpressure



Gently push surgical leg back with other leg crossed over at the ankle. Pull back until stretch is felt. Hold 3 seconds.

Repeat 20 times
per set.
Do 3 sessions
per day.

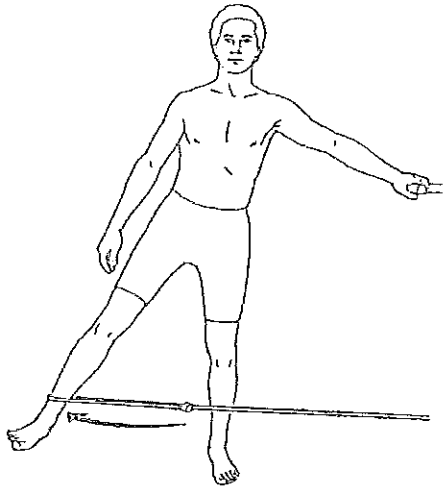
Standing Marching



Stand, both feet flat. Lift surgical knee toward ceiling. Hold for 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Perform 3 sessions
per day.

Hip Abduction

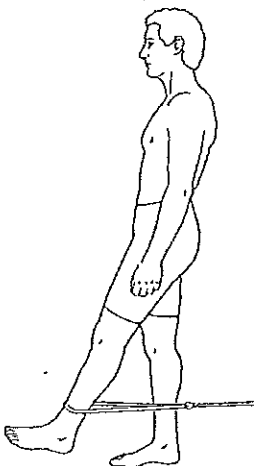


NO TUBING

Extend surgical leg out from side, keeping knee straight. Hold 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions
per day.

Hip Flexion

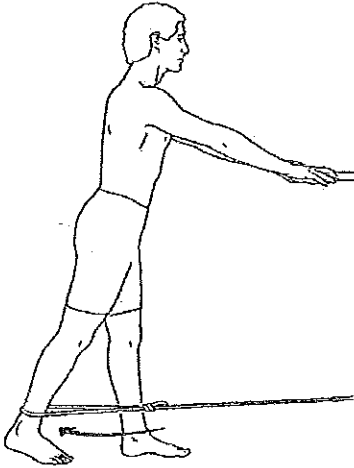


NO TUBING.

Extend surgical leg forward,
keeping knee straight. Hold 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions per day.

Hip Extension

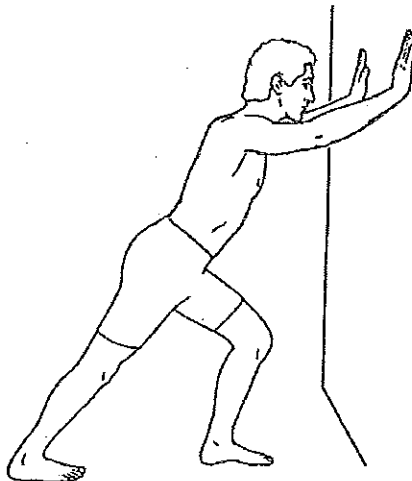


NO TUBING

Extend surgical leg straight back. Hold 3 seconds. Repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions per day.

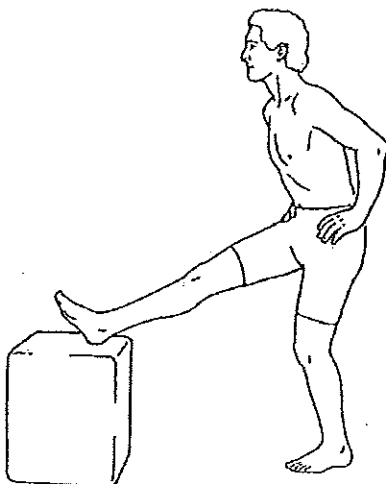
Gastroc Stretch



Stand with surgical foot back, leg straight, opposite leg forward with knee bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.

Repeat 4 times per set.
Do 3 sessions per day.

Stretching: Hamstring (Standing)



Place surgical foot on stool or step. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 4 times per set.
Do 3 sessions per day.

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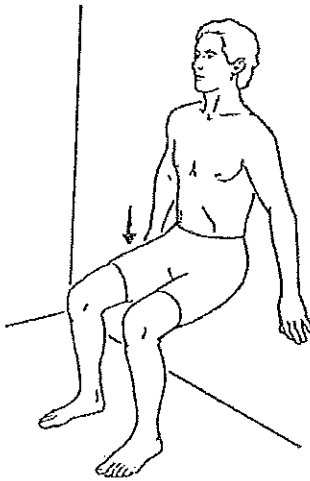
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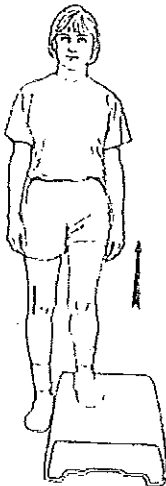
Wall Slide



Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until knee bent to 90 degree angle.

Perform 20 repetitions.
Do 3 sessions per day.

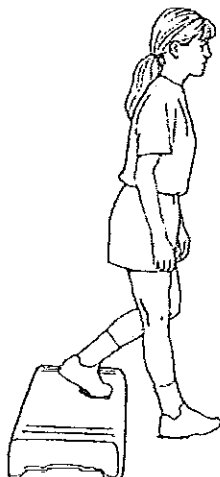
Single-Leg Step-Up



With foot of surgical leg on 6 inch step, straighten leg. Slowly return to starting position.

Perform 20 repetitions
Do 3 sessions per day.

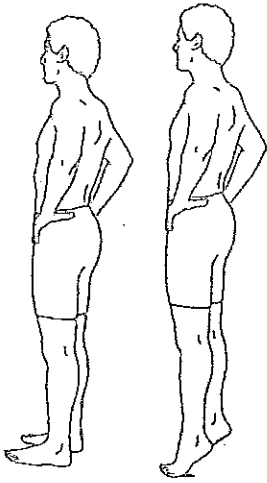
Step Down



Stand on 2 inch step. Bend knee of surgical leg to slowly lower opposite heel to ground with no weight on heel. Return to start.

Perform 10 repetitions per set.
Do 3 sessions per day.

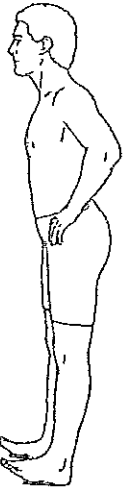
Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Perform 20 repetitions per set.
Do 3 sessions per day.

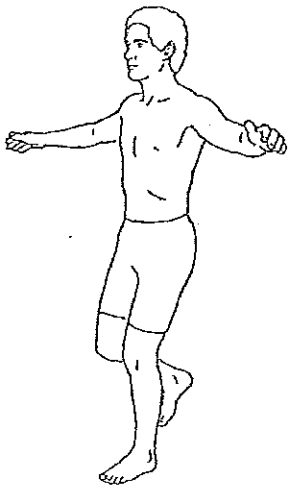
Toe Raise (Standing)



Rock back on heels.

Perform 20 repetitions per set.
Do 3 sessions per day.

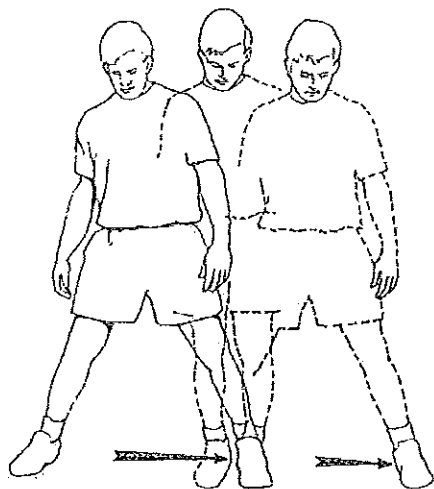
Balance: Unilateral



Attempt to balance on surgical leg, eyes open. Hold 30 seconds.

Perform 4 times per session.
Do 3 sessions per day.

Side-Step



Step sideways 10 feet to the right. Then step sideways to the left to return to starting position.

Perform 4 repetitions per session.
Do 3 sessions per day.