

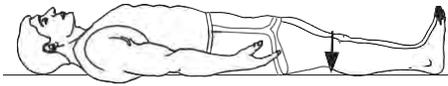
PRE-OP Total Knee Exercise Program

These exercises will help prepare you for surgery and recovery. If an exercise is painful or you are unable to do it, just move on to the next exercise. **Don't hold your breath while you do them.**

Continue any other exercise you have been doing as you are able (walking, swimming, stationary bike), since these will help with recovery.

Do exercises one-two times a day. Start with five repetitions, increase to 15 times, as you are able.

Supine (lying flat on a bed) – Emphasis on surgical leg, but recommend doing both legs



Quad Set

(strengthens the quadriceps muscle – the main muscle of your knee)

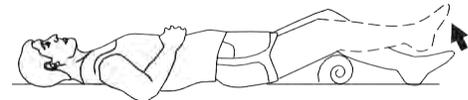
Tighten up your thigh muscles (quads) and hold it for a count of two. Relax.



Straight Leg Raise

(strengthens the quads and the hip flexors)

Bend your opposite knee for stabilization; hold your knee as straight as you can; raise your leg up 12 inches. Relax.

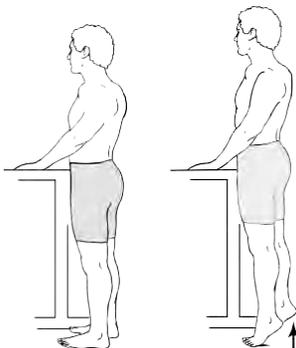


Short Arc Quad

(strengthens quads)

Place a large towel/blanket roll under your knee; straighten knee as best you can, hold it for a count of two. Relax.

Standing



Heel Raise

(strengthens your calf muscles and helps with balance)

Standing with **your hands on a counter**, rise up on the balls of your feet. Relax. As you are able, try to limit how much you lean on the counter with your hands.

Do exercises one-two times a day. Start with five repetitions, increase to 15 times, as you are able.

Standing (continued)



Squatting

(strengthens your legs & trunk and improves your balance)

Requires a **stationary** chair (doesn't 'rock' or 'roll'). Stand with your feet shoulder-width apart with a stationary chair behind you; keeping your back straight and your feet flat on the floor, bend your knees to squat down as if you were going to sit down, then stand back up. Go down as low as you feel comfortable. Try not to use your arms.

Don't strain or hold your breath. If it causes pain, try a "mini-squat" – only go part-way down.

Sitting

Chair push-up

(strengthens your arms)

Requires a **stationary chair** (doesn't 'rock' or 'roll') **with arms**. Sit at the front of the chair; using mostly your arms, raise yourself up to extend your elbows, then slowly lower back down again.

NOTE: You will be using a walker after surgery to limit the weight on your surgical leg. If you have strong arms, your walking will be easier. Stronger arms will also help you to get up from a chair – one of the more difficult things to do after surgery.

Avoid this exercise if it causes any arm pain or if you are straining too hard.

You should not hold your breath on any of these exercises.

