



5 East | Physical Therapy
5301 McAuley Drive, Ypsilanti, MI 48197

POST-OP Knee Exercise Program

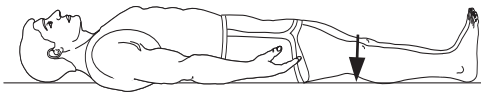
The purpose of these exercises is to increase motion and strength in your operated knee.

We recommend you take your pain medication approximately one hour prior to doing these exercises.

You can view a video of these exercises at: trinityhealthmichigan.org/ortho-help

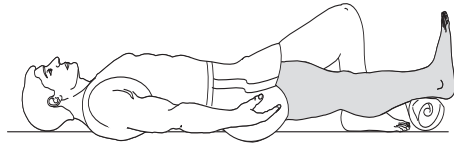
Do your exercises two times a day. Repeat each exercise 10 times.

Continue with hourly ankle pumps, quad sets and heel slides.



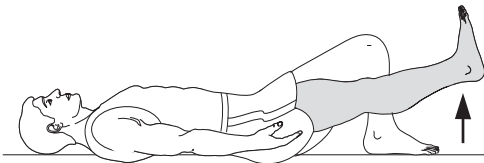
Quad Set

Push the back of your knee down into the bed. You should feel your thigh muscle (quads) tighten up. Hold for a count of **five**. Relax.



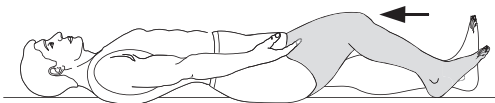
Prolonged Extension Stretch

Place a large towel roll under the ankle of your surgical leg. Relax your leg to allow gravity to stretch the back of your knee. Work up to a ___ minute stretch. As you are able, go ahead and do some easy quad sets to add a little stretch, but go easy—don't aggravate your pain.



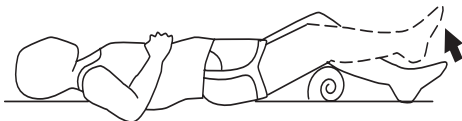
Straight Leg Raise

Bend your opposite knee for stabilization; hold your surgical knee as straight as you can; raise your leg up 12 inches. Relax. You will likely need help with this for a few days.



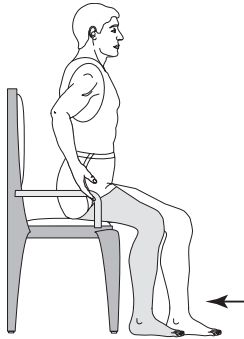
Heel Slides

Start with your operated leg straight, slide heel toward your body bending your hip and knee as much as possible. Slowly slide heel back to starting position.



Short Arc Quad

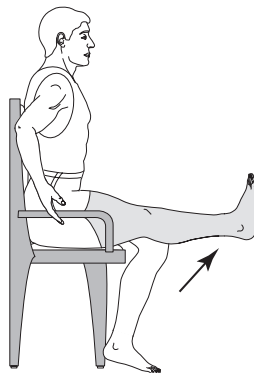
Place a large towel roll under your operated knee. Straighten knee completely, hold for a count of two. Relax. Keep your leg on the roll. You may need assistance.



Sitting Heel Slide

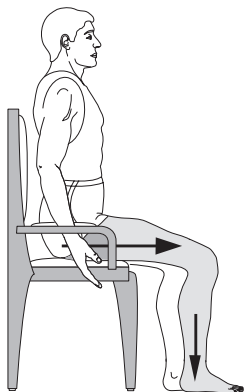
- Sit toward the front of a stationary chair with your feet flat on the floor. Your surgical leg should be able to slide easily (pillowcase on a hard floor works well). Bend your knee as far as feels comfortable. Hold for a count of five. Relax and slide leg out. Try to go a little farther each time.
- Same as above, only use your opposite leg to assist with sliding your foot back to get a stretch. You may also use a belt or towel to assist with bending your knee.

CAUTION: Needs to be done slowly, don't push too hard. If you notice your incision oozing or bleeding, then ease up on the stretch.



Long Arc Quad

Sit in a chair with your thigh supported. Straighten knee completely, **keeping your thigh on the chair**. Hold for a count of two. Relax. You may need assistance.



Prolonged Flexion Stretch

This works best if your foot does not slide too well – either barefoot or a good fitting slipper. Slide surgical foot backward as far as you can comfortably go, then let your leg relax in this position. Hold this for a full 30-60 seconds, then let it back out. Repeat one to two more times. To increase the stretch you can either slide your foot backward or you can scoot your hip forward.

CAUTION: Don't bounce or strain too hard; you want a slow, steady stretch. If you notice your incision oozing or bleeding, then ease up on the stretch.

NOTE: Initially you should avoid using your surgical leg to get up and down from sitting. After one to two weeks, go ahead and start using it more, just don't overdo it.

Cold should be applied to your knee after you are done with exercising, which can help with the pain and swelling. If you are using ice, always have a layer of clothing or towel between your skin and the ice pack.