

Your Knee Replacement

at New England Baptist Hospital

Pre-Operative Exercises

These exercises were designed to give you an early start on your rehabilitation program and help strengthen you in preparation for surgery. All exercises are to be done within the limits of comfort. Discontinue any exercises that produce pain. For all exercises: Repeat 10 times, 1-2 times per day.

Bed Exercises-Lying on Back

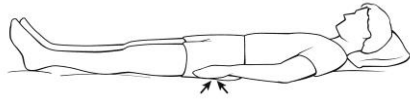
Ankle Pumps - Pump ankles back and forth.



Quad Set - Tighten muscle on the front of your thigh by pushing your knee down into the bed, hold for 5 seconds.



Glut Set - Squeeze your buttocks together, hold for 5 seconds.



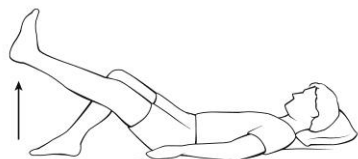
Heel Slides - Bend your knee by sliding your heel on the bed towards your buttocks.



Short Arc Quad - Place a folded pillow or towel roll under the knee of your affected leg, so that your knee is bent and your heel is resting on the bed. Lift your lower leg off the bed, hold for 5 seconds.



Straight Leg Raise - Bend un-affected knee so that your foot is flat on the bed. Lift your affected leg up and off the bed (approximately 6 inches) and down slowly.



Sitting in a Chair

Knee Extension - Lift lower leg off the floor by straightening your knee, hold for 5 seconds, lower slowly.



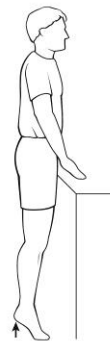
Standing Exercises

Use solid sink or countertop for support with all standing exercises.

Toe Raises - Lift heels up and down slowly.

Hip Flexion - Lift affected leg off floor, bringing the knee as high as you can, and hold for 5 seconds.

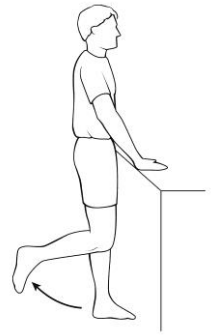
Knee Flexion - Bend your knee behind you as far as you can, hold for 5 seconds, lower your leg slowly to the floor.



Toe Raises



Hip Flexion



Knee Flexion