

Following your surgery and prior to your first post-op visit, the following exercises are very important in order to restore your knee motion and maintain muscle function. Your rehab program will be advanced at your first post-op visit with your surgeon and physical therapist.

Use the ice machine as instructed or as often as possible, especially before moving the knee.

Crutches and immobilizer or brace (locked straight) should be used at all times while walking. You may put as much weight on the leg as is comfortable **unless otherwise instructed**.

1. Seated Extension Stretch:

Open the immobilizer or brace and place a rolled towel under your heel to allow your knee to stretch into full extension. Restoring normal extension is very important and needs to be addressed now. Perform this 2-3 times a day. 10-15 minutes each session. You may and should use ice during this session.



2. Seated Quad Set:

With the leg straight and immobilizer open, place a rolled towel under your knee and tighten the quad muscles in the front of the thigh, pushing the knee down into the towel. Perform this 2-3 times a day. 25-30 reps each session.



3. Ankle Pumps:

Move your ankle up and down frequently during the day. This will help the circulation in the calf and decrease lower leg swelling.



4. Heel Slides:

To bend your knee, begin with sliding your heel towards your buttocks as far as you can into your pain tolerable range, then slide back down straight. When you can put your feet up on the wall, you can begin wall slides. Rest the operative leg on the non-operative leg, then lower the feet down the wall, allowing gravity to bend your knee. Use your non-operative leg to push your feet back up the wall. Repeat several times during a 10-15 minute session. Do this 2-3 sessions a day.



A video of these exercises can also be found on our website under the "Patient Education" tab at www.OrthoKansasPA.com

If you have questions about any of these exercises, please contact the Therapy Department at 838-7885

