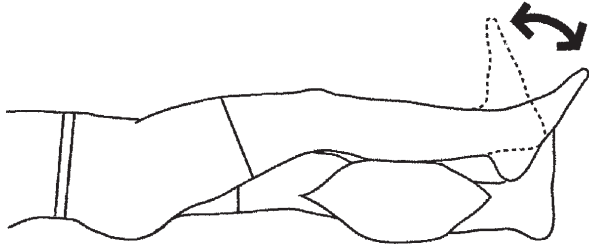


Acute Post-op Total Knee Replacement Exercise Program

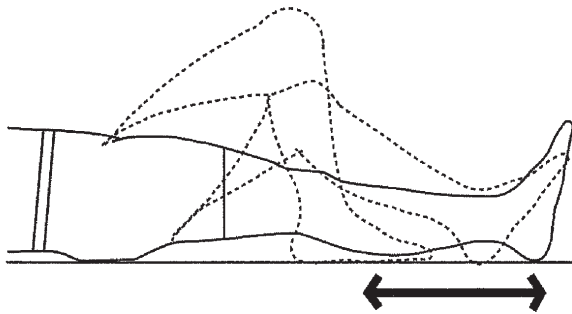
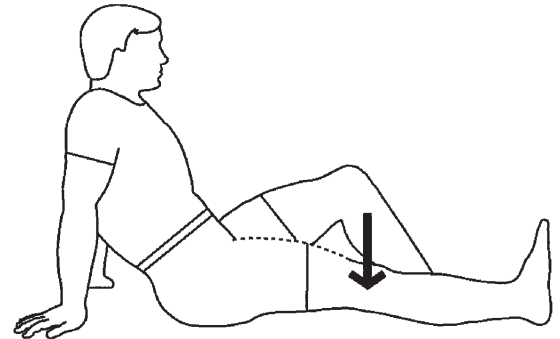


Ankle Pumps

- Move feet up, down and in circles
- Do 3 sets of 15

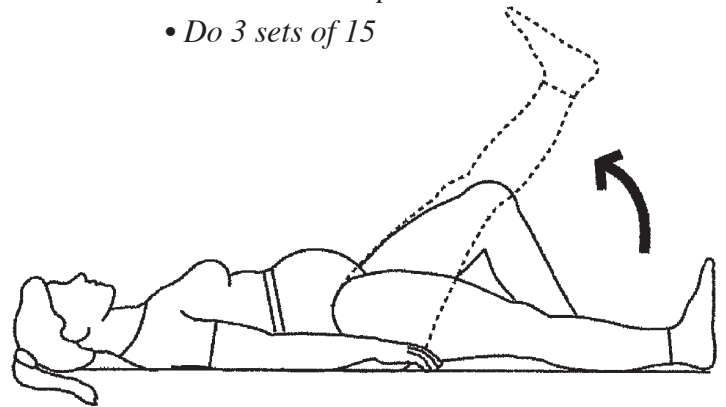
Quad/Glut Sets

- Lay with legs extended
- Tighten thigh muscles by trying to push the knees downward
- Squeeze buttocks at the same time.
- Hold for 3-5 seconds
- Do 3 sets of 15



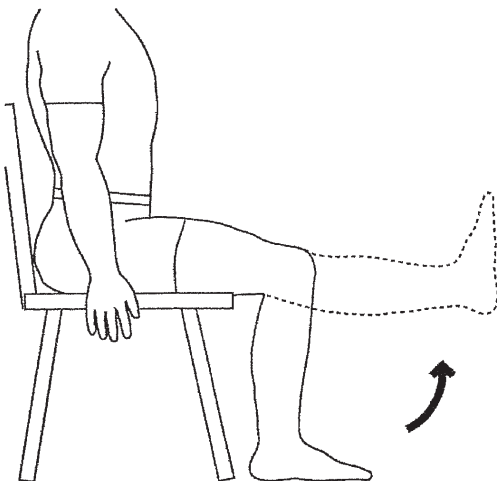
Hip/Knee Flex

- Lie on back with legs straight
- Slide heel up to buttocks
- Return to start position
- Do 3 sets of 15



Straight Leg Raise

- Bend opposite leg
- Squeeze thigh muscle tight
- Lift leg off bed without letting knee bend
- Do 3 sets of 15



Seated Knee Extension

- Straight leg at the knee
- Return to start position
- Focus on bending the knee
- Do 3 sets of 15