

KNEE TOTAL

PRE-OPERATIVE PROGRAM

RANGE OF MOTION INSTRUCTIONS

Perform all range of motion exercises once a day.

Repetitions: 10 times

Hold each repetition for 5-10 seconds into a moderate-deep stretch, but avoid pain.

RANGE OF MOTION EXERCISES

1. Heel Slide with Belt
2. Seated Knee Flexion with Opposite Foot
3. Knee Extension on 2nd Chair
4. Knee Flexion on Step/Chair



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

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STRENGTHENING INSTRUCTIONS

Perform all strengthening exercises 1-2 times a day.

Repetitions: 12-15 times

For single leg balance: Perform 5x each leg. Balance with a goal of 30-60 seconds. Start by holding on to a counter if needed.

STRENGTHENING EXERCISES

1. Quad Set
2. Sit to Stand
3. Waller Bow
4. Double Leg Squat
5. Single Leg Balance
6. Straight Leg Raise
7. Step Up/Down



REPLACEMENTREADY

by **MOVEMENT
COLLECTIVE**

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STRETCHING INSTRUCTIONS

Perform each stretch 3-5 times a day.

Repetitions: 3 times each leg

Hold each stretch for 20-30 seconds and work up to 60 second holds.

STRETCHING EXERCISES

1. Seated Hamstring Stretch
2. Hamstring 90/90 Stretch
3. Prone Quad Stretch



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GAIT INSTRUCTIONS

Practice 3-5 times the week before surgery.
You do not have to perform this every day.

GAIT TRAINING

1. Practice Step To with Walker
2. Practice Step Through with Walker
3. Practice Step To with Cane
4. Practice Step Through with Cane
5. Practice Step To
6. Practice Step Through



REPLACEMENTREADY

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COLLECTIV =**