

KNEE TOTAL

POST-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. Wall Slide for Knee ROM



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

KNEE TOTAL

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STRENGTHENING INSTRUCTIONS

Perform all strengthening exercises 1-2 times a day as able based on pain.

Repetitions: 12-15 times

These exercises are just examples.

If you have received specific information via your PT or surgeon. Follow their exercise program.

STRENGTHENING EXERCISES

1. Quad Set
2. Sit to Stand
3. Straight Leg Raise
4. Double Leg Squat (Shallow)
5. Double Leg Heel Raise
6. Step Up



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

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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. Prone Quad Stretch
3. Hip Adductor Stretch



REPLACEMENTREADY

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GAIT INSTRUCTIONS

Your safety is #1 priority.

Use the walker first. Your home health or outpatient PT will help you determine when it is safe for you to transition to the cane.

GAIT TRAINING

Progress to the following as able (if safe):

1. Step To with Walker
2. Step Through with Walker
3. Step To with Cane
4. Step Through with Cane



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**