



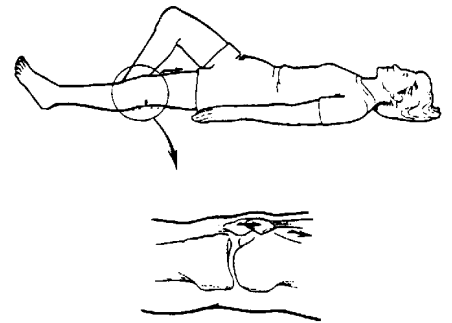
Exercises After Total Knee Replacement

Six exercises to speed your recovery

Do your exercises regularly during the day to maintain and gain flexibility and strength. For the bending exercises, it may be helpful to use a cold pack before, during, and after the exercise.

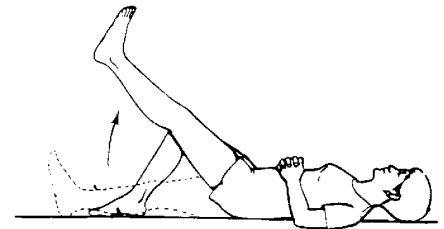
Quad Sets/Extension

1. Sit or lie on your back with your operated knee straight.
2. Tighten the muscle on top of your thigh and move your kneecap down, as shown.
3. Hold 5 to 10 seconds.
4. Repeat 10 times, 5 to 10 times a day.



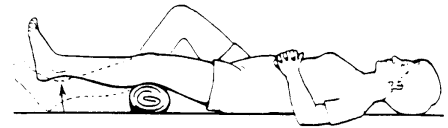
Straight Leg Raise

1. Lie on your back with your operated knee straight and the other knee bent, as shown.
2. Keep your leg completely straight, then raise it 12 inches.
3. Hold 2 to 5 seconds and slowly lower.
4. Repeat 10 to 20 times, 3 to 5 times a day.



Goal: Fully straighten your knee during the lift.

**Short Arc
Quad/Extension**

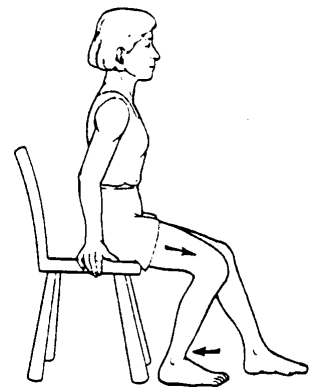


1. Lie on your back with a rolled-up towel under your operated knee.
2. Raise your heel off floor until your knee is straight.
3. Hold 5 seconds and slowly lower.
4. Repeat 10 times, 5 times a day.

Goal: Get your knee as straight as possible.

Knee Flexion

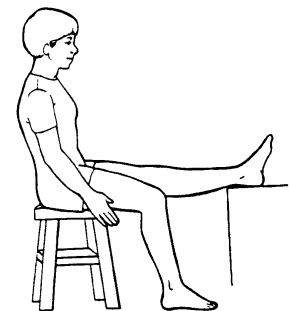
1. Sit in a chair with the foot of your operated leg close to the base of the chair.
2. Scoot forward toward the front of the chair as far as you can to bend your operated knee and feel a stretch in the knee.
3. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times, 5 times a day.



Goal: Bend your operated knee at least 90 degrees.

Knee Extension

1. Sit with your operated leg propped up, as shown.
2. Relax, letting your leg straighten.
3. Hold 30 seconds to 5 minutes.
4. Repeat 2 to 3 times, 5 times a day.



Questions?

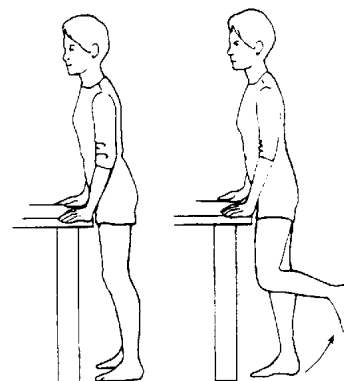
Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff members are also available to help.

Exercise Training
Center: 206-598-2888

Physical Therapy:
206-598-4835

Hamstring/Flexion – Exercise 6 of 6

1. Stand, holding onto solid object (such as a table or chair) as shown.
2. Slowly bend your operated knee.
3. Hold 2 to 5 seconds and slowly lower.
4. Repeat 10 times, 4 to 5 times a day.



Goal: Bend your knee on its own as much as possible

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Exercise Training
Center/Physical Therapy

Box 354745

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830

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Published: 11/2001, 06/2002, 02/2012

Clinician Review: 06/2002

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