

TKR - Post Operative Exercises

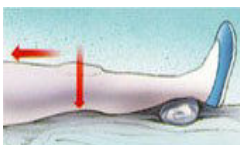
Quadricep Sets

- Tighten your thigh muscle for 5 to 10 seconds
- Relax
- Repeat 10 times



Knee Extension

- Place a small rolled towel just above your heel so that it is not touching the floor
- Tighten your thigh and try to fully straighten your knee and to touch the back of your knee to the floor
- Hold your knee fully straighten for 5 to 10 seconds



Ankle Pumps

- Slowly push your foot up and down
- Do this exercise several times a day



Knee Bends

- Bend your knee as much as possible while sliding your foot on the floor
- Hold your knee in a maximum bent position for 5 to 10 seconds then straighten knee



Seated Supported Knee Bends

- Sit with thigh supported
- Place your foot behind your heel of your affected knee for support, slowly bend your knee as far as you can
- Hold this position for 5 to 10 seconds



Straight Leg Raise

- With your leg straight, tighten your thigh muscle
- Lift your leg several inches off the ground Hold for 5 to 10 seconds
- Lower slowly



Walking

- Your surgeon or therapist will tell you how much weight to put on your leg
- Stand erect with your weight evenly balanced on your walker or crutches
- Advance your walker / crutches a short distance; then reach forward with your operated leg with your knee straightened so the heel of your foot touches the floor first
- As you move forward, your knee and ankle will bend and your entire foot will rest evenly on the floor
- As you complete the step, your toe will lift off the floor and your knee and hip will bend so that you can reach forward for your next step

Climbing & Descending Stairs

- Always lead up with your good knee up the stairs and down with your operated knee * You may want to have someone help you until you have regained most of your strength and mobility
- Do not climb steps higher than the standard height (7 inches)
- Always use a handrail for balance