



Department of Physical Therapy

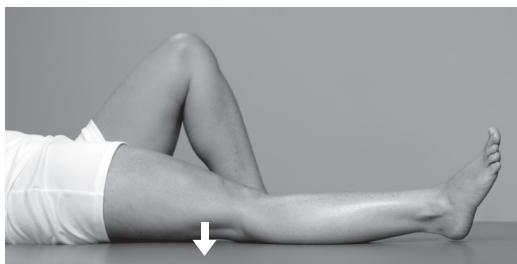
## Post-operative Knee Exercises

Please perform the highlighted exercises below:

1. **Ankle Pumps** (*improves circulation and decreases swelling*): Gently move your foot at the ankle as far as you can up and down. 30-50 repetitions every hour.



2. **Quad Sets** (*strengthens your quadriceps*): Tighten the muscles on the top of your thigh by pushing the back of your knee into the bed. Hold while counting aloud to 5. **DO NOT HOLD YOUR BREATH.** 10-20 repetitions every hour.



3. **Straight Leg Raise** (*strengthens your quadriceps*): With your non-affected knee bent and your foot flat on the bed, lift your affected leg 12 inches while keeping your knee straight. (Remember that your affected leg is the one you had surgery on.) Slowly lower your leg while keeping your leg straight. 10-20 repetitions, 3-4 times a day.

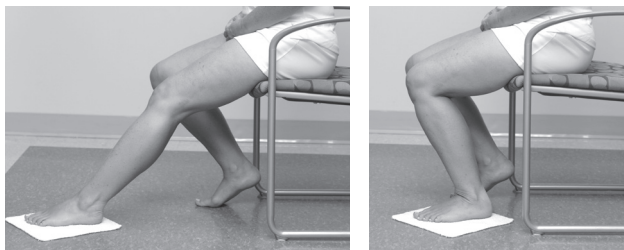


4. **Leg Slide**: Gently slide your leg to the side. Then slide it back while keeping toes pointed up. 10-20 repetitions, 2-3 times per day.



continued

5. **Heel Slide 2** (*improves knee flexion*): While sitting and with your foot flat on the floor, slide your foot back while bending your affected knee. Slowly return to the starting position. 10-20 repetitions, 3-4 times a day.



6. **Knee Extension Stretch** (*improves knee extension*): Prop the heel of the affected leg on a towel roll so that your knee is unsupported. Stay in this position for 5 minutes. Repeat 3-4 times a day.



7. **Lateral Patella Mobilization** (*improves kneecap side-to-side mobility*): Place your thumb and index finger along the side borders of your kneecap. Gently and slowly glide your kneecap side to side. Note: These movements are very small. Repeat for 2-3 minutes, 3-4 times a day.



8. **Inferior Patellar Mobilization** (*improves kneecap downward mobility*): Place your thumb and index finger along the upper border of your kneecap. Gently and slowly glide your kneecap downward and then release, allowing your kneecap to return to the original position. Note: These movements are very small. Repeat for 2-3 minutes, 3-4 times a day.



9. **Patellar Tendon Mobilization** (*improves patella tendon mobility*): Place your thumbs along the side borders of the patella tendon. Gently and slowly glide your patella tendon side to side. Note: These movements are very small. Repeat for 2-3 minutes, 3-4 times a day.

