

# Postoperative Exercise Program

Your weight bearing status is \_\_\_\_\_

Your exercise program has been marked. Repeat each exercise \_\_\_\_\_ times a day as shown. Take pain medicine before exercises to decrease your discomfort. Don't hold your breath while performing these exercises.

These exercises will allow you to reach your range of motion goals:

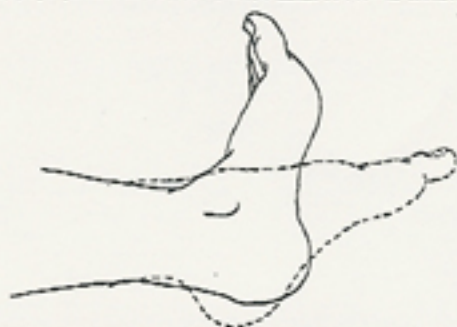
0° extension and 90° flexion in the hospital

0° extension and 115° flexion at home.

## ANKLE PUMPS

Point your foot down, then pull your foot up.

Repeat \_\_\_\_\_ times.



## QUAD SETS (thigh tightening)

Lie on your back. With hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold at least 5 counts, then relax.

Repeat \_\_\_\_\_ times.



## PASSIVE EXTENSION

Bend the opposite hip and knee with foot flat on the bed to protect your back. Keep toes pointed toward ceiling.

Place a towel roll under your ankle.  
Allow your knee to relax. Stay stretched for \_\_\_\_\_ minutes \_\_\_\_\_ times a day.

This stretch may also be done while sitting. Place foot up on a table or chair. Keep toes pointing toward ceiling.



### HEEL SLIDES

Lie on your back. Slide your heel up toward your buttocks, then slide it back down. Do not lift your heel from the bed.

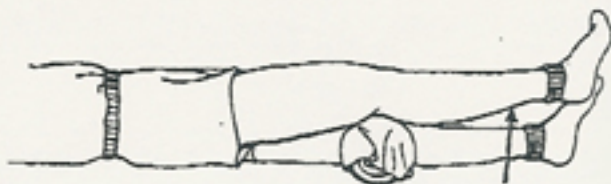
Repeat \_\_\_\_\_ times.



### SHORT ARC QUAD

Lie on your back. With knee bent over towel roll, raise your foot until the knee is straight. Hold for 3-5 counts. Then let it down slowly.

Repeat \_\_\_\_\_ times.



### STRAIGHT LEG RAISE

Bend the opposite hip and knee with foot flat on the bed to protect your back. Tighten your thigh muscle of the operated leg, then lift 6-12 inches while keeping the knee straight. Lower your leg slowly.

Repeat \_\_\_\_\_ times.



### KNEE FLEXION WHILE SITTING

Sit in a firm chair with your hips level. Slide your heel back, bending your knee as far as you can.

Then keep your operative foot firmly in one place on the floor and slowly scoot your buttocks out toward the edge of the chair. Hold for the count of 10.

Repeat \_\_\_\_\_ times.

