

# Exercise Guidelines After Your Total Knee Surgery

Once home, follow the instructions given in the hospital. Continue these until your surgeon says to stop, usually six to eight weeks.

Certain positions may add stress to the knee, and could slow your healing.

## Do's...

- Do follow the weight bearing as instructed.
- Do change positions often.
- Do raise your entire leg and use an ice bag on your knee to help lessen swelling common after surgery.
- Do take pain medicine before exercises

## Do Not's...

- Do not put more weight or force on the operated leg than your surgeon tells you.
- Do not sleep with a pillow under the back of your knee because this will limit extension of your knee.
- Do not shower or take a tub bath until your surgeon tells you it is okay.

## REMEMBER TO WORK YOUR KNEE TO IMPROVE:

**EXTENSION** = getting your knee all the way straight to 0° extension.

**FLEXION** = bending your knee beyond 90°.

**STRENGTH** = regaining muscle strength.

### **REDUCE SWELLING:**

- keep entire leg raised above the level of the heart when at rest
- do heel slides
- keep ice or cold therapy on your knee as instructed
- use the elastic stockings or wraps if doctor instructs
- avoid prolonged standing or sitting