

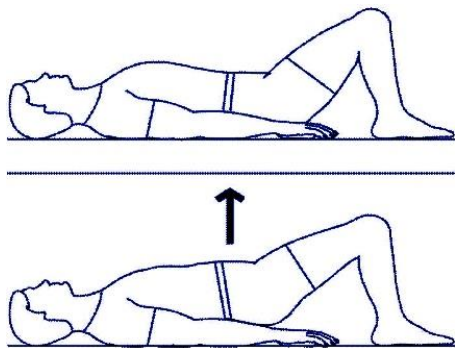
## Basic Prehabilitation and Rehabilitation Exercises for Total Knee Replacement:

1. **Ankle Pumps:** Ankle Pumps help prevent the development of blood clots and leg swelling. While lying on your back or sitting in a chair, move both feet up and down. You will do ankle pumps before surgery, when you are awake in the recovery room, during your hospital stay, and at home.



Your goal: 200 ankle pumps per day, doing 20-50 at a time, four times a day, before and after surgery. Remember this exercise is for both feet.

2. **Gluteal Sets or Pelvic Lifts:** Gluteal Sets help you walk, climb stairs, and reduce back strain. While lying on your back with your knees bent and your feet pulled back toward your buttocks, lift your pelvis off the bed as high as you can; then slowly lower your pelvis back to the bed and repeat this exercise.



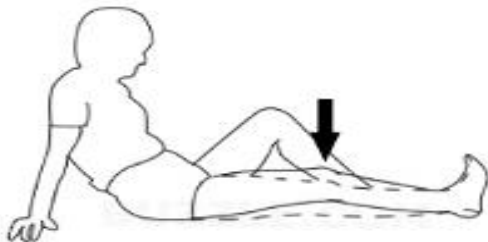
Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

3. **Foot Slides:** Foot Slides are helpful in regaining knee and hip flexion after surgery. While sitting in a chair, put a cardboard folder on the floor under the foot of your operated leg; then slide your foot and the folder back and forth, bending your knee as much as you can. You can also do this exercise on a smooth slick floor without using the folder by either putting a towel under your foot or wearing a sock.



Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

4. **Quad Sets and Knee Presses:** Quad Sets and Knee Presses help you gain leg control and improve circulation. While lying on your back in bed tighten your thigh muscles by pressing your knee downward onto the bed. If sitting in a chair with your leg out straight resting on the floor or on a stool, tighten your thigh muscles by pressing your knee downward toward the floor. Try to straighten your knee as much as possible and hold for about three seconds; then relax and repeat this exercise.



Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

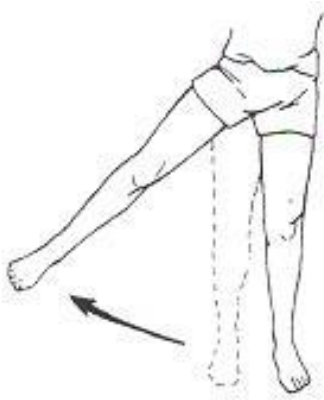
Note: Do not do these exercises if you have back problems or if these exercises cause back pain

5. **Sitting Abduction/Adduction:** The Sitting Abduction/Adduction exercise improves hip motion, muscle tone, and help eliminate limping. While sitting with your feet together, spread your knees apart as far as you can; then bring knees back together again.



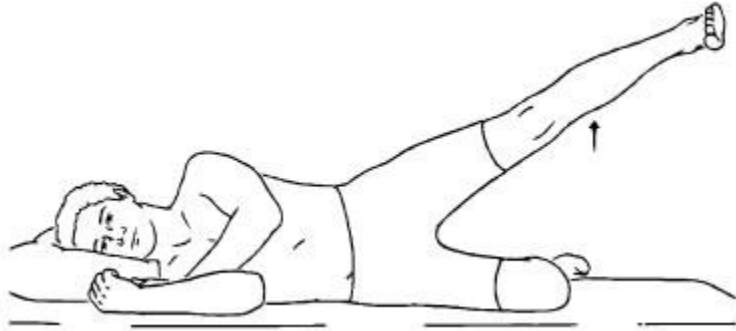
Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

6. **Standing Hip Abduction:** Standing Hip Abduction exercises help prevent limping by increasing your muscle strength. You can stand with your back against a closed door or a table and hold onto the doorknob or table edge while you do this exercise. Put all of your weight on your non-involved side. Then lift your involved or operative leg away from your other leg in a scissor-like fashion as far as you can...then slowly lower your leg, bring it back in place, and repeat this exercise. If you need more support, you can stand in a corner for support, with your non-involved side toward the corner and your back against the wall while you do this exercise.



Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

7. **Side-Lying Hip Abduction:** Side-Lying Hip Abduction exercises help minimize limping and increase your leg stability while walking. Start by lying on your non-operated side...keep your shoulder, knee, and ankle in a straight line. You might be more stable by bending the knee of your other leg. Now, raise your affected leg 10-12 inches away from your other leg...be sure to keep your knee straight...and then slowly lower your leg, and repeat this exercise. **DO NOT DO THESE AFTER YOUR SURGERY FOR AT LEAST TWO WEEKS.**



Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.

8. **Standing Hip Flexion:** Standing Hip Flexion exercises improve hip and knee motion and muscle tone. As with exercise #7 above, you can stand with your back against a closed door or a table and hold onto the doorknob or table edge while you do this exercise. Put all of your weight on your non-involved side. Then lift your involved or operative leg, bending your hip and knee as much as you can comfortably...then slowly lower you leg, bring it back in place, and repeat this exercise. If you need more support, you can stand in a corner for support, with you non-involved side toward the corner and your back against the wall while you do this exercise.



Your goal: 200 of these exercises a day, doing 20-50 at a time, four times a day, before and after surgery.