KNEE POST OPERATIVE EXERCISES

HIP and KNEE - Strengthening: Quadriceps sets

Tighten muscles on top of thigh by pushing knees down into floor or table.

ANKLE/FOOT –

Range of Motion: Plantar/Dorsiflexion


Hip and Knee

Passive Range of Motion Knee Flexion

With towel around heel, gently pull knee upwards with towel until stretch is felt

HIP and KNEE- Strengthening

Straight Leg Raise Phase 1

Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked. Hold 10 seconds.

HIP and KNEE- Quad Set in Slight Rexion

Gently tense muscle on top of thigh. Hold 10 seconds.

All exercises should be repeated 30 times. 2 sessions per day are recommended. It may be helpful to plan on icing for 15 minutes after the exercises.