

### Post-Operative Knee Home Exercise Program



#### Hamstring Stretch

Keep your leg and back straight. Lean forward until you feel a gentle stretch in the back of your thigh and behind your knee. Hold for 15 seconds and repeat 6 times. Complete 2 x day.



#### Calf Stretch

Sit with your leg straight while placing one hand on your thigh as shown. Use a towel or strap to pull your toes toward you for a gentle stretch in your calf and behind your knee. Hold for 15 seconds and repeat 6 times. Complete 2 x day.



#### Towel Roll Heel Prop

Put a rolled up towel or pillow under your ankle, keeping the knee straight. Totally relax and let the weight of your leg pull your knee straight into extension. Keep leg propped up for 10 minutes without interruption. Repeat 6 x day.



#### Quad Set

Tighten both quadriceps (front thigh muscles) for 5 seconds. Try to get the back of the knee flat against the table during the muscle contraction. Repeat 30 times several times throughout the day.



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**Straight Leg Raise**

Lay on your back with your opposite knee bent. Tighten your quadriceps (front thigh muscle) and lift the entire leg up ~ 1 ft. while maintaining a straight knee. Hold at the top for 5 seconds and control the descent back to the table. Start with 10 repetitions and build up to 3 sets. Complete 2 x day.



**Sidelying Straight Leg Raise**

Lay on your side with your involved leg on top. While maintaining a straight knee, lift up ~ 1 ft, and lower back down in a controlled manner. Be sure to keep your top leg in line with your body throughout the entire exercise. Start with 10 repetitions and build up to 3 sets. Complete 2 x day.



**Passive Knee Flexion Motion**

Sit at the edge of a bed or high table with your surgical leg supported by the "good" leg as shown above. Totally relax your surgical leg and use the "good" leg to bend your knee as much as possible to tolerance. Return back to the starting position and repeat for 5-10 minutes. Complete 2 x day. It is safe, and in fact, preferable to bend your knee up to 90° unless instructed otherwise.



**Ice Therapy and Pain Control**

Elevate your leg above your heart and use your ice machine or ice packs (if machine not prescribed) 20 minutes every 2 hours daily. *\*Avoid sleeping with a pillow directly behind your knee creating a bent position. Instead, sleep with pillows under your lower leg and foot to elevate your leg thus maintaining a straight knee.* Home Ice Pack Instructions- 1 gallon freezer zip-lock bag (double bag it), pour 4 cups of water and 2 cups of rubbing alcohol, and place in the freezer to create a moldable ice pack. When ready to ice, place in pillow case and apply to knee. Place back in freezer for reuse.



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