



# TOTAL JOINT PREP PROGRAM

*PREParing You For Surgery*

## Exercise Program for the Total Knee from the Physical Medicine Department



Repetitions: \_\_\_\_\_

### Quad Sets

Keep your legs straight. Bend your feet toward your head, then push the back of your knees down into the bed by tightening the muscles on top of the thigh. Hold for a count of five (5). Then relax completely and draw circles with your toes.



Repetitions: \_\_\_\_\_

### Knee Extension

Lie on your back with involved leg over the towel roll (two bath towels rolled together). Without moving your thigh, straighten your knee. Hold for a count of five (5), then lower and relax. Make sure you straighten your knee completely.



Repetitions: \_\_\_\_\_

### Straight Leg Raise

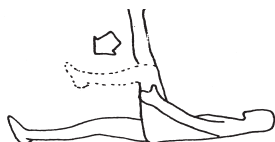
Lie on your back. Bend the knee of the uninvolved leg. Then with the knee completely straight, lift your heel up 10 inches. Hold for a count of five (5), then return to the starting position. Relax completely and draw circles with your toes.



Repetitions: \_\_\_\_\_

### Hip And Knee Flexion

Lie on your back. Bend the hip and knee of your involved leg by sliding your heel toward your buttocks as far as possible. Then straighten your leg by sliding your heel back down.



Repetitions: \_\_\_\_\_

### Supine Knee Flexion

Lie on your back. Clasp your hands behind your involved leg as shown (use a towel if necessary). Allow your leg to bend as much as possible. Then return it to the starting position with the knee straight.



Repetitions: \_\_\_\_\_

### Prone Knee Flexion

Lie on your stomach with a small towel under your knee and your feet over the edge of the bed. Bend your knee as far as possible. Hold for a count of five (5), then return it to the starting position.



Repetitions: \_\_\_\_\_

### Sitting Knee Flexion

Sit in a chair in which your feet are flat on the floor. Hold onto either side of the chair. Slide your involved leg back as far as possible. Hold it for a count of five (5), then return to the starting position. Each time try to bring the leg back farther than the time before.

