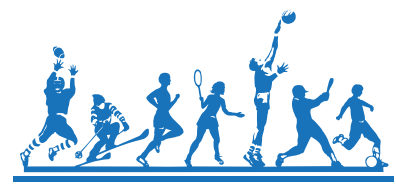


# Total Knee Replacement

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## Therapy Instructions



**CENTER FOR  
SPORTS MEDICINE  
& ORTHOPAEDICS**

(423) 624-2696 | [Sportmed.com](http://Sportmed.com)

## PRE-OPERATIVE PHYSICAL THERAPY

**It is recommended that you attend a pre-operative rehabilitation (Pre-Hab) class with a family member or friend so that they can assist you through your recovery process.**

Topics of discussion at Pre-Hab include:

- Arthritis and Joint diseases
- What to expect after surgery
- Guidance on movements including performing transfers, sitting to stand, and standing to sit
- Proper use of assistive devices including walkers or canes
- Classes are conducted at one of CSMO's Therapy locations, Parkridge Medical Center, Bradley Medical/Vitruvian Health, and Starr Hospital.
- Classes will be scheduled by your surgery scheduler or hospital pretesting departments.

If your surgery is at the CSMO Surgery Center, please be aware that there are no physical therapy services at the Center. Your nurse will assist you with the use of your walker after surgery and will assist you with getting to your car. Please bring your walker with you to surgery.

### YOUR PRE-OPERATIVE EXERCISE PROGRAM

Due to the pain, individuals with arthritis of the knee often avoid exercising. Avoiding exercise results in weaker muscles and loss of flexibility. Participating in an appropriate exercise program can ease and shorten recovery time.

For your safety, always consult your medical physician prior to beginning an exercise program. The exercises listed are some that your physician or physical therapist may recommend to strengthen muscles and improve motion in your knee. The exercises will be reviewed in your "Pre-Hab" class.

## EXERCISE LIST

### Supine Quadricep Sets

REPS: 10 | HOLD: 10 | DAILY: 2-3

#### Setup

Begin lying on your back on a bed or flat surface with your legs straight.

#### Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

#### Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

STEP 1



STEP 2



### Supine Ankle Pumps

REPS: 30 | HOLD: 3 | DAILY: 2-3

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Slowly pump your ankles by bending and straightening them.

#### Tip

Try to keep the rest of your legs relaxed while you move your ankles.

STEP 1



STEP 2



### Seated Long Arc Quad

REPS: 10 | HOLD: 3 | DAILY: 2-3

#### Setup

Begin sitting upright.

#### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



## Standing Knee Flexion

REPS: 10 | DAILY: 2-3

### Setup

Begin in a standing upright position in front of a counter or stable surface for support with your surgical leg slightly bent and your toes resting on the ground.

### Movement

Slowly bend your knee, lifting the foot of your surgical leg off the ground. Hold briefly, then return to the starting position and repeat.

### Tip

Make sure to maintain an upright posture and keep your movements slow and controlled.

STEP 1



STEP 2



## Seated Knee Flexion Stretch

HOLD: 10 | TIME: 5 MINUTES | DAILY: 5

### Setup

Begin sitting in an upright position.

### Movement

Slowly bend your knee back until you feel a gentle stretch. Scoot your body forward on the chair to increase the stretch as you are able. Your heel may lift from the floor but do not lift your hip. Hold for 10 seconds. Return to the starting position and relax. Repeat 10 times.

The stretching should be more slow and gentle than fast and forceful. Try to keep your muscle relaxed throughout the exercise.

How often: 5 times a day (breakfast, lunch, dinner, when you wake up and before you go to bed)

### Tip

Make sure to only move in a pain free range of motion.

STEP 1



STEP 2



STEP 3



## Seated Knee Extension Stretch with Chair

TIME: 30 MIN | DAILY: 2

### Setup

Sit on a sturdy chair with your lower leg on an equal height chair or solid surface in front of you.

### Movement

Relax your muscles to let your knee straighten. You should feel a gentle stretch on the back of your knee. You can do thigh squeezes to increase the stretch. For additional help, use a weight across the kneecap (bag of rice, purse, or bag with a strap - place across the knee)

### Tip

Make sure to keep your back straight during this stretch. Begin in a standing upright position in front of a counter or stable surface for support.

STEP 1



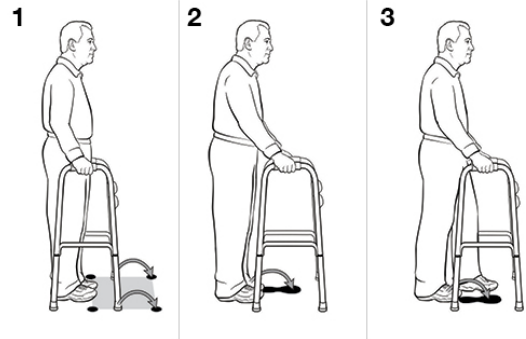
STEP 2



# TRANSFERS

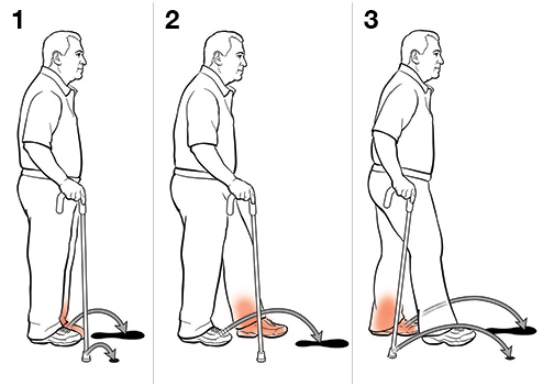
## Using a Walker

1. Move walker forward.
2. With all four walker legs firmly on the ground, step forward with the operated leg first, (taking small steps) followed by the non-operated leg placing feet in the middle of the walking area. **DO NOT** place feet past the front wheels of the walker.
3. **A note about stair climbing:** Ascend with the non-operated leg first (“up with the good”). Descend with the operated leg first (“down with the bad”). Think, “good go to heaven, bad go...elsewhere.”



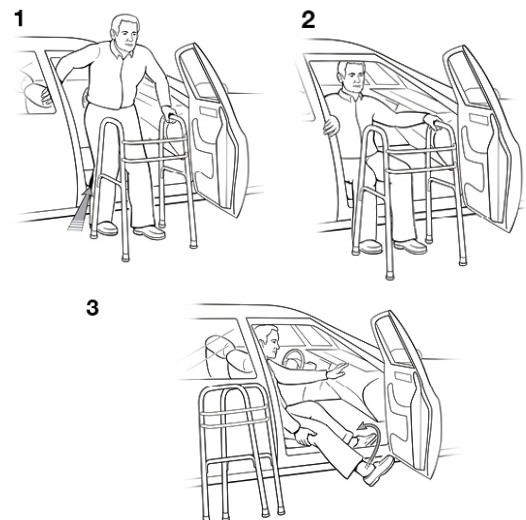
## Using a Cane

1. Cane length should be adjusted so that when you are standing, the handle of the cane is at hip level. Therapist will adjust during PT.
2. Hold the cane on the side of your good leg (unless directed otherwise by PT or Physician).
3. Begin by stepping forward with your operated leg and cane simultaneously.
4. Next, step forward with your good leg, bringing it ahead of the operated leg and cane.



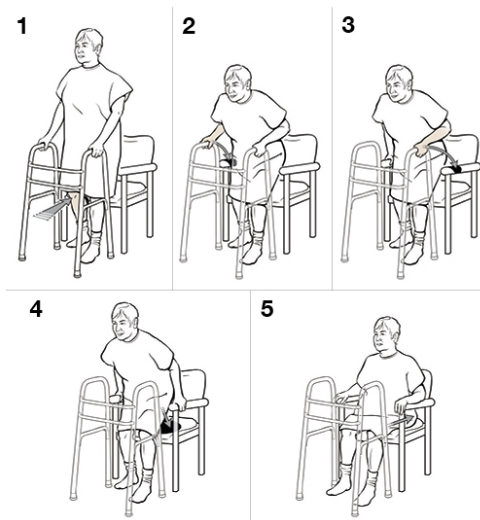
## Car Guidelines

1. On the passenger side, make sure the seat is as far back as possible. Stand with your back towards the car.
2. Sit on the edge of the seat and slide yourself back. \*Sitting on a plastic bag may make it easier to slide.\*
3. Swing your legs into the car. You may want someone's help to guide your legs into the car. You may also want to recline the seat so you will have as much room as possible to swing your legs.



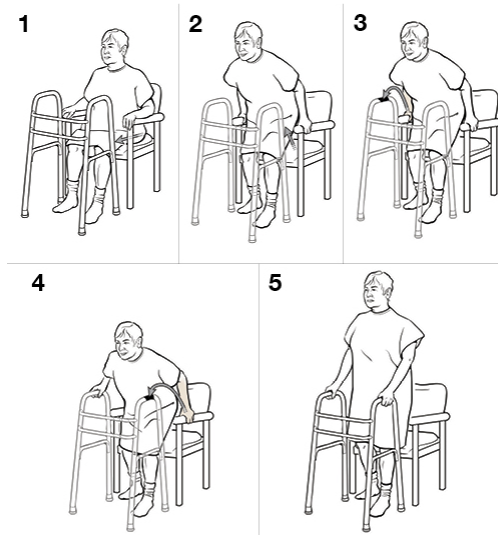
## Sitting with a Walker

1. Slowly back up to the chair, bed, or toilet until you feel it against the back of your legs. Also, bring the walker all the way back to you.
2. Slide your operative leg. Forward and reach back for the chair arms, bed or toilet seat one hand at a time.
3. Slowly lower yourself onto the chair, bed or toilet seat by leaning forward and keeping your operative leg outstretched in front of you. \*GO SLOWLY so that you do not PLOP down into the chair.\*



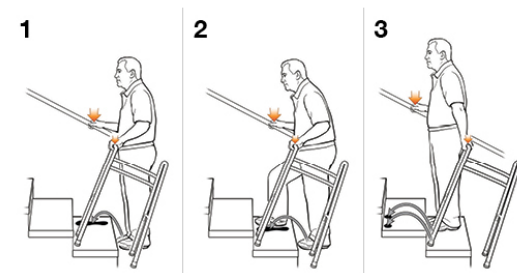
## Standing with a Walker

1. Sit in a chair with armrests when possible. DO NOT pull up on walker to stand (it may tip backwards)! Slide your hips forward to the edge of the chair, bed, or toilet seat.
2. Push up with both hands on the arm rests. If sitting without an armrest, place one hand on the walker while pushing off the side of the chair with the other. Balance yourself before grabbing the walker.
3. Shift your weight onto your good leg and move your hands to the hand grips of the walker. Bring your operative leg back and into alignment as you fully straighten your good leg. Make sure you are steady and balanced before taking a step.



## Going Up the Stairs with a Walker (FOLDED)

1. Approach the stairs, **fold the walker**. Place it in one hand and place the other hand on the rail.
2. Lift the walker and set it to the side of your next step. Step up first with your good leg, then follow with your operated leg, bringing the walker to the next step. Repeat.
3. At the top of the stairs, unfold the walker and set it on the landing, making sure you hear the walker click into locked position.



## Going Down the Stairs with a Walker (FOLDED)

1. Approach the stairs (about 2 inches from the top step), **fold the walker**. Place it in one hand and place the other hand on the rail.
2. Place the folded walker to the side opposite of the handrail with your other hand on the rail.
3. Step down with operated leg, followed by non-operated leg.
4. At the bottom of the stairs, unfold the walker, making sure you hear the walker click into locked position.
5. Place both hands on walker and proceed with walking.

