

Adult Reconstructive Surgery  
OrthoIllinois – Hip and Knee Center

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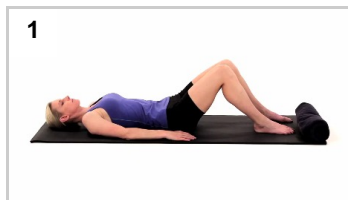
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## **Post-Operative Exercises - Total Knee Replacement**

- Perform these exercises daily for the first 3-5 days after surgery.
- You may rest for about 24 hours if you cannot tolerate the exercises, then slowly try to reintroduce.
- The most important thing is to work on getting your knee fully straight and bent to 90 degrees within the first few days after surgery.
- After 3-5 days you will likely transition to outpatient therapy.

## Supine Knee Extension Stretch on Towel Roll

<b>SETS: 1</b>	<b>HOLD: 15 MINUTES</b>	<b>DAILY: 6</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back with both legs bent and your feet resting on the floor.

### Movement

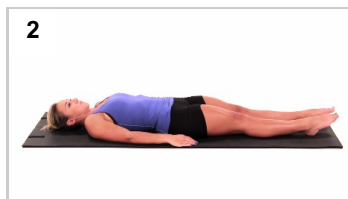
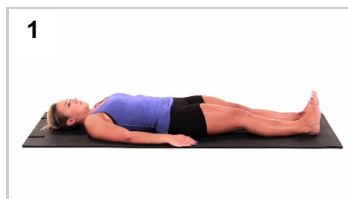
Place one heel on a towel roll and relax your leg muscles to straighten your knee. Hold this position.

### Tip

Make sure to keep your back flat against the floor during the stretch.

## Supine Ankle Pumps

<b>REPS: 12</b>	<b>SETS: 2</b>	<b>DAILY: 3</b>	<b>WEEKLY: 7</b>
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### 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.

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## Seated Heel Slide

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



### Setup

Begin sitting upright with your surgical leg straight forward, foot resting on the floor.

### Movement

Slowly slide your heel backward, bending your knee as far as you can. Hold briefly, then return to the starting position and repeat.

### Tip

Make sure to keep your foot in line with your leg and do not let your foot rotate outward or inward during the exercise.

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## Supine Heel Slide

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



### Setup

Begin lying on your back with your legs straight.

### Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

### Tip

Make sure not to arch your low back or twist your body as you move your leg.

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## Standing Knee Flexion AROM with Chair Support

REPS: 12

SETS: 2

DAILY: 3

WEEKLY: 7



### Setup

Begin standing with your hands resting on a stable surface.

### Movement

Pick up one foot and bend your knee as far as you can. Then, lower your leg back to the floor and repeat.

### Tip

Make sure to keep your back straight and maintain your balance throughout the exercise.