

## Knee Post-Op Exercises

Regular exercise to restore your knee mobility and strength and a gradual return to everyday activities are important for your full recovery. You will be instructed in an exercise program during your initial post-operative therapy visit at ISMI, usually 2-3 days after surgery.

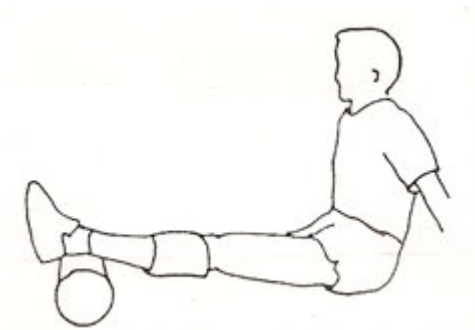
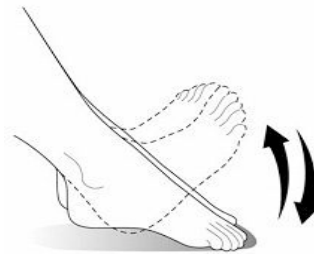
**Our 2 primary goals initially post-operatively are:**

- 1. Get the knee STRAIGHT**
- 2. Get the quadriceps (front thigh) muscle working.**

**It is recommended that you start the following exercises the day of surgery – OR – as soon as your block wears off.**

### **ANKLE PUMPS:**

Move your foot up and down rhythmically by contracting your shin and calf muscles. Perform this exercise for one to two minutes every hour after the surgery.



### **KNEE STRAIGHTENING**

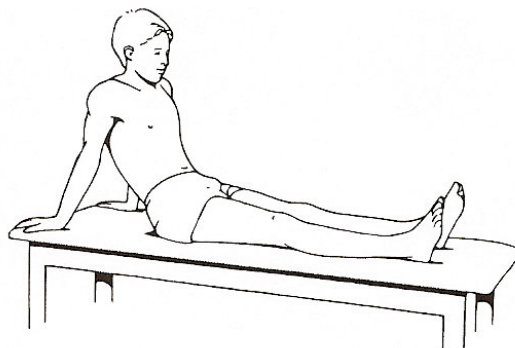
Immediately after surgery it is **most important** to get your knee straight. While sitting on a hard surface, prop your heel up and let your knee relax and go as straight as possible. Use your hands or a weight to assist if necessary.

**Leave your knee in that position as often and as long as possible.** Try to ice in this position as well.

### **QUAD SETS**

With knee straight, tighten the quadriceps (front thigh muscles), pushing the back of your knee into the floor and pulling the kneecap up. Hold for 10 seconds.

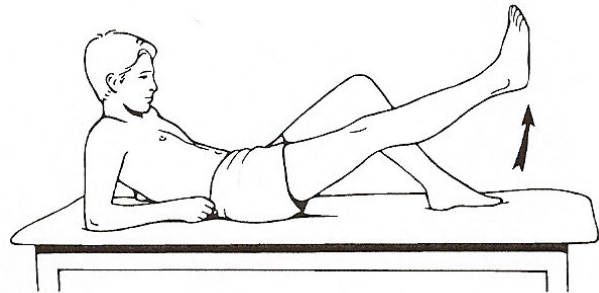
Do 1-2 sets of 5-10 repetitions. 3 times a day.



### **STRAIGHT LEG RAISES**

Tighten the quadriceps, keep the leg straight and lift your leg 6-12" off the ground. Slowly lower your leg to the starting position with control.

Do 1-2 sets of 5-10 repetitions, 3 times a day.



### **ICE and ELEVATE after exercise**

After you have completed the exercises, run your cold therapy unit OR put ice on the knee for 15-20 minutes. Elevate your foot and keep your knee completely STRAIGHT.

**Ice and elevate any time you notice increased pain or swelling.**