

Total Knee Replacement Home Exercise Program

QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS



Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel. Hold for 6-10 seconds. Relax and repeat.

Repeat 10 Times

Hold 6 Seconds

Complete 1 Set

Perform 5 Times a Day



HAMSTRING SET ISOMETRIC

Lie down on your back and then bend your knee. Next, press your heel into the ground and hold 6-10 seconds. Relax and repeat.

Repeat 10 Times

Hold 6 Seconds

Complete 1 Set

Perform 5 Times a Day



HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.



Repeat 10 Times

Hold 6 Seconds

Complete 1 Set

Perform 5 Times a Day



SHORT ARC QUAD - SAQ

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Lower back down and repeat.



Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 5 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, tighten top thigh muscle and raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 6 Times
Complete 1 Set

Perform 5 Times a Day