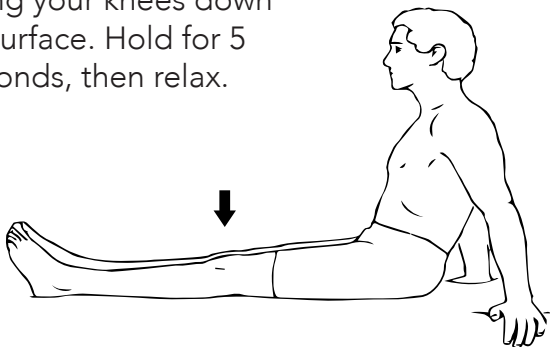


## Post-operative Knee Exercises

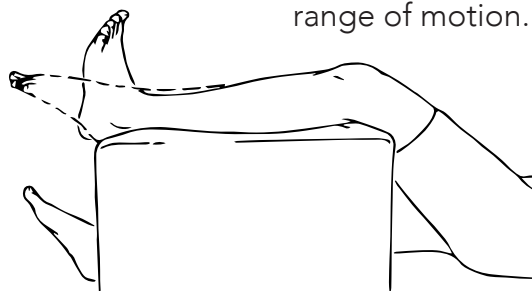
### Phase I

- Exercise and movement are important following surgery. Muscle contractions through exercise release nitric oxide, which decreases inflammation, aids wound healing and helps prevent stiffness.
- Exercises:** Position yourself as illustrated on the back of this handout. Repeat each exercise 20 to 30 times and repeat each set 3 to 4 times daily.

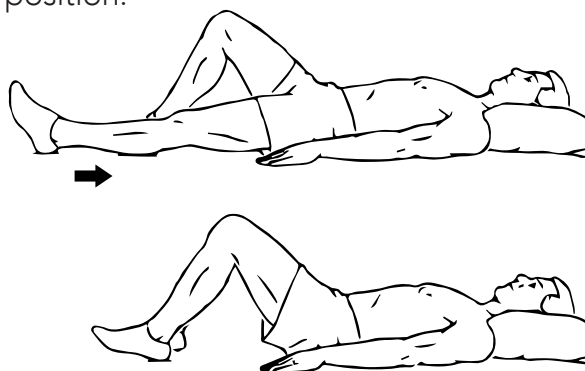
**Quadriceps Isometric Set:** Tighten the muscles on top of your thighs (quadriceps) by pushing your knees down into the surface. Hold for 5 to 10 seconds, then relax.



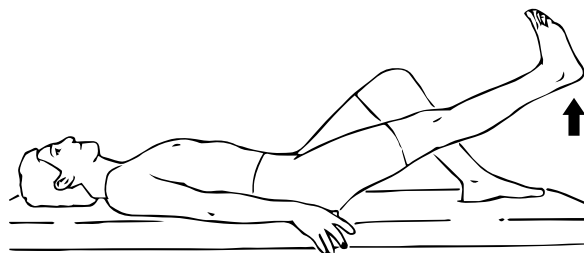
**Ankle Pump:** With the involved leg elevated, gently flex and extend your ankle. Move through your full range of motion. Avoid pain.



**Heel Slide:** Slide the involved heel toward your buttocks until a gentle stretch is felt. Hold for 10 seconds, then relax and return to the starting position.



**Straight Leg Raise:** Tighten the muscles on the front of your involved thigh. Then lift your leg to the height of your opposite knee, keeping the knee locked.



### Phase II

- Exercises will start with a therapist after you have been back from your first post-operative visit.
- Therapy is suggested 2 to 3 times per week. The length of your therapy will depend on the type of knee surgery performed.