

## Stage II Exercise Program

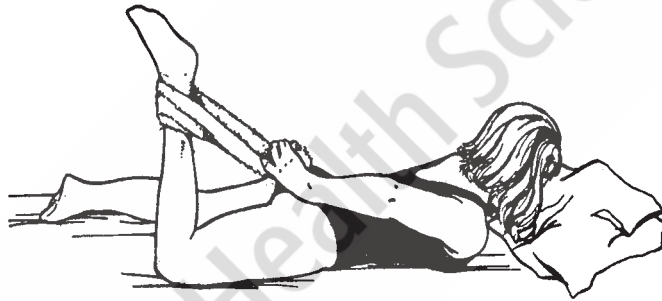
The following exercises are designed to improve your mobility and your muscle strength following your total knee joint replacement.

Exercises should be done 3 times daily.  
Repeat each exercise 10 times.

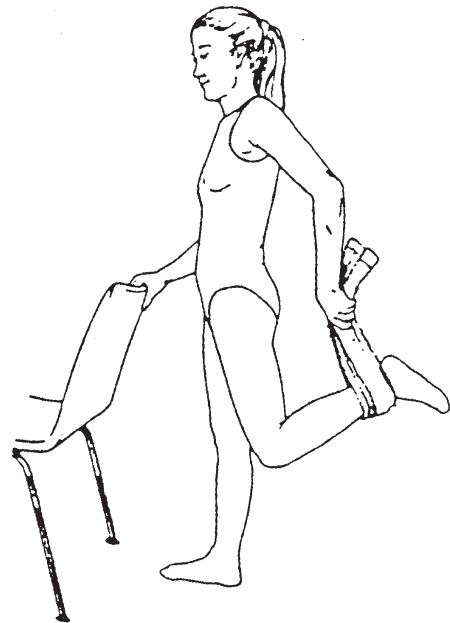
### Exercise #1: Quadriceps Stretch

\*This exercise stretches the group of muscles in front of your thigh. You may use a towel in around your ankle to assist with the knee bend.

- Lying on your stomach, bend your knee as far as it will go. Using a towel or sling around your ankle pull your heel towards your buttock. Hold for 5 seconds.



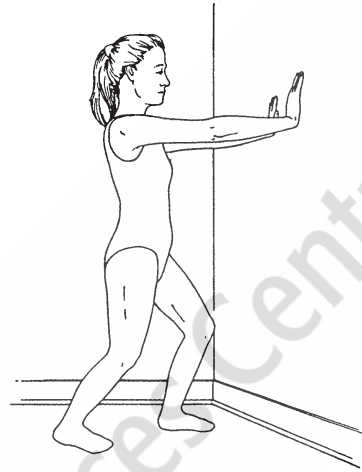
- Stand. Hold on to a table or chair for support. Use a towel around the ankle of the leg being stretched and bend your knee until you feel a stretch in the front of your thigh. Hold for 5 seconds.



### Soleus Stretch

#### Exercise #2

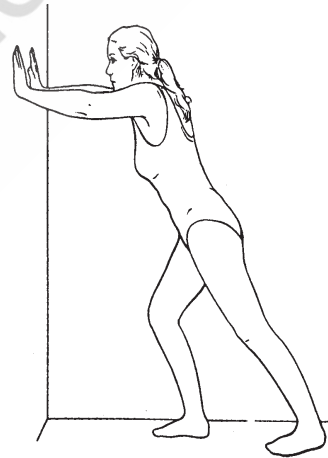
- Face the wall and stand a few feet from it. Place your leg being stretched behind the other leg. Place your hands on the wall. Keep your back heel on the ground and bend this knee slightly. Now lean forward. Hold for 5 seconds.



### Achilles Stretch

#### Exercise #3

- This exercise stretches your calf muscle and heel cord. Face the wall and stand a few feet from it. Place your leg being stretched behind the other leg. Place your hands on the wall. Keep the back leg straight and heel on the ground. Lean forward. Keep your back straight. You should feel a stretch in the back of your calf muscles. Hold for 5 seconds.



### Hamstring Strengthening

#### Exercise #4

- In standing, back straight. Bend your knee and lift your heel up for 5 seconds. Lower your heel down for a count of 5 seconds. As you get stronger, you may use a weight around your ankle to make this exercise harder. Start with one pound and increase this gradually.



## Straight Leg Raises

### Exercises #5

- Lying on your back with your non-operated leg bent and the operated leg straight. Lift your operated leg about 6 inches off the bed. Hold for 5 seconds. Return your leg to the bed slowly to a count of 5 seconds. Relax and repeat 10 times.

As your get better control of your thigh muscles try lifting your leg to only 4 and then eventually 2 inches off the bed.



### Exercise #6

- Tie an elastic or nylon stocking around the leg of a chair. Place the other end of the elastic around your ankle. Straighten your knee to pull against the elastic.

Hold for 5 seconds, relax to a count of 5 seconds.



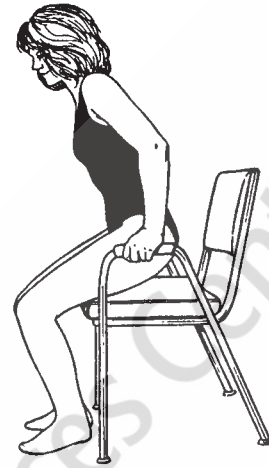
### Exercise #7

- Tie an elastic or nylon stocking around the leg of a table that you are facing. Place the other end of the elastic around your ankle. Bend your knee to pull against the elastic. Hold to a count of 5 seconds.



**Exercise #8**

- Find a chair with arm rests. You should be seated at a comfortable height from the floor. Sit at the edge of the chair and gradually stand up to a count of 5 seconds. You may require assistance of the arm rests to begin. As your thigh muscle strength improves, try to use your arms as little as possible. Then gradually progress to lowering yourself into the chair so that you use control of your thigh muscles. As you improve your strength use the arm rests as little as possible.



**Stationary Bike**

**Exercise #9**

- You may use a stationary bike to assist you in getting your range of motion. To start, adjust the seat so that it is a comfortable height so that your thigh muscles feel a stretch, not pain. Do not use resistance right away. Keep adjusting the seat height as necessary. As your knee gets stronger, you may gradually increase the resistance.



**Strengthening**

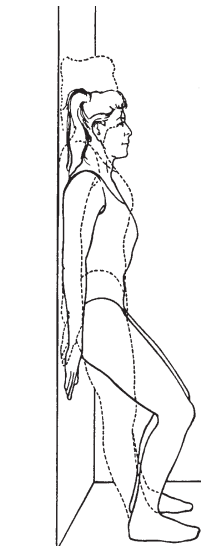
**Exercise #10**

- It is important that you do not aggravate your condition. You should not experience pain while you are doing these exercises.

**Wall Sits:**

Start one stride length away from the wall.

1. Your feet should be shoulder width apart
2. Place your back against the wall.
3. Bend your knees to a comfortable level.
4. Be sure your knees are not ahead of your ankles.
5. Hold your position for as long as tolerated.



## Short Squats

### Exercise #11

Start with your feet should width apart.

1. Do a slow knee bend.
2. Keep your knee cap lined up between your second and third toes.
3. Slowly straighten up.
4. Do not lock your knees back between each repetition.
5. Tighten your buttocks and stomach muscles



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