



## **KNEE HOME EXERCISE PROGRAM**

**Perform these exercises 3 times a day.**

**Before starting exercises, warm up your knee in shower or ride a stationary bicycle for 5 minutes.**

**Perform one set of 10 repetitions for each exercise.**

**Cool down your knee after exercise session with ice (big bag of frozen peas works really well)**

**Call Patty Quast-French, Orthopaedic Nurse if you have any questions @ 508-696-1052.**

## Quad Sets:

Quad sets are an important part of your PT regimen because they increase strength in your quadriceps muscle without straining your joint replacement. This is an exercise that uses your muscles without moving your hip or knee.



- Lie on your back with your legs extended
- Slide the heel of your operated leg toward your buttock so that your knee and hip bend. Hold for 10 seconds
- Slide your heel back so that your leg is flat. Keep the opposite leg flat
- Perform one set of 10 repetitions 3 times a day

## Short Arc Quads / Terminal Knee Extensions:

Short arc quads take your quadriceps muscle through a short motion to develop and strengthen this important muscle, improving range of motion in your hip and knee. The quadriceps muscles are a group of four muscles that control your knee joint while you are standing and prevent your knee from buckling.



Lie on your back with your legs extended in bed

- Support your operated leg with pillow to keep knee bent at 45°
- Straighten operated leg at knee by lifting only your heel off the bed. Hold for 5 seconds

- Lower leg back to resting position. Perform one set of 10 repetitions 3 times a day

### **Heel Slides / Hip & Knee Flexion:**

Heel slides are an important component of your recovery because they stimulate both your quadriceps and hamstring to improve range of motion in your knee and hip. As you build strength throughout your physical therapy, you will be able to bend your knee more comfortably and completely.



- Lie on your back with your legs extended
- Slide the heel of your operated leg toward your buttock so that your knee and hip bend
- Hold for 10 seconds
- Slide your heel back so that your leg is flat
- Keep the opposite leg flat
- Perform one set of 10 repetitions 3 times a day

### **Long Arc Quad / Knee Extension:**

Active knee extension increases your knee flexibility range of motion and improves quadriceps strength.



- Sit upright in a firm chair
- Raise your heel forward until the knee is straight

- Hold for 5 seconds
- Slowly lower and bend your knee as far you can
- Perform one set of 10 repetitions 3 times a day