

Total Knee Replacement Fitness Program- Guidelines to Achieving Maximal Knee Extension (straightening) Range of Motion

In this video Alex and Mike give advice and demonstrate exercises to Achieve Maximal Knee Straightening Range of Motion after Total Knee Replacement Surgery.

Note:

- Pain control is important. Practice consistent deep breathing during range of motion exercises and utilize pain medication at least an hour prior to exercises.
- Swelling management is also important towards knee range of motion. Elevating, icing, and activity are key components.

Goal: Full available knee extension (straightening) range of motion. Greatest improvement in knee extension occurs in the first 6 months after surgery.

Exercises:

0-1 week after surgery. 3x/daily 5-10 minutes per session

- Positioning - avoid bent knee position for long periods while laying down. Place pillow under lower leg or heel, NOT under the knee itself
- Laying on back with heel prop with towel roll (quad sets) - 10 repetitions to start
- Seated in chair extension (straightening) stretch on stool - durations a tolerated, 2-3 minutes to start

1-3 weeks after surgery. 3x/daily 10-15 minutes per session

- Laying on back with heel prop with towel roll (quad sets) continue - durations up to 8 minutes
- Seated in chair extension (straightening) stretch on stool continue (quad sets) - 5-10 minutes
- Standing terminal knee extensions - 10 repetitions to start
- Emphasis on heel strike with walking

4-6 weeks after surgery. 3x/daily 15-20 minutes per session

- Seated in chair extension (straightening) stretch continue (quad sets) - 10 minutes
- Standing hamstring stretch on stool/step - 3 sets x 30 seconds each
- Continue emphasis with heel strike during walking

6 weeks+ after surgery. 2x/daily 15-20 minutes per session

- Continue stretching on stool - up to 15 minutes
- Continue standing hamstring stretch on stool/step - 3 sets x 30 seconds each