

Total Knee Replacement Fitness Program - Exercises 0-4 Weeks After Surgery

In this video Alex and Mike give advice and demonstrate exercises 0-4 weeks after Total Knee Replacement Surgery.

Goals:

- Monitor swelling and any signs of infection
- Improve range of motion (bending/straightening)
- Regain/increase strength
- Normalize walking mechanics

Note: Pain as tolerated. Recommend taking pain medication 1 hour prior to performing exercises.

Exercises:

2-3 times daily as tolerated. Increase sets and repetitions as able

1. Quad sets - 10 repetitions to start
2. Supine hip abduction - 10 repetitions to start (recommend use of Bob and Brad Knee Glide)
3. Heel Slides (active assisted to active) - 10 repetitions to start (recommend use of Bob and Brad Knee Glide)
4. Seated Knee Flexion (bending) - 5 minutes to start (recommend use of Bob and Brad Knee Glide)
5. Extension (straightening) stretch - laying on back with towel roll or seated with foot on stool- 5 minutes to start
6. Straight leg raise - 10 repetitions to start
7. Focus on gait/walking mechanics
8. Proper stair training