

Total Knee Replacement Fitness Program- Exercise Routine 2 months+ After Surgery

In this video Alex and Mike give advice and demonstrate exercises 2 months+ after Total Knee Replacement Surgery.

Note: Continue to let pain be your guide. AVOID FALLING.

Exercises:

Start with 1 set of 10 repetitions. Increase sets and repetitions as able

1. Wall Squats
2. Single leg stance progression - durations as tolerated
3. Seated long arc quads with cuff weights, hamstring curls with resistance bands
4. Standing exercises with cuff weights
5. Lunges
6. Forward step ups/downs progressing to lateral step ups/downs
7. Dynamic balance exercises - sidestepping/retro-walking/forward marching
8. Progressive walking program