

## **Total Knee Replacement Fitness Program - Exercises IMMEDIATELY After Surgery**

In this video Alex and Mike give advice and demonstrate exercises IMMEDIATELY After Total Knee Replacement Surgery.

### **Goals:**

- Prevent complications with breathing (heart/lungs)
- Increase circulation of legs and feet to prevent blood clots and unnecessary swelling
- Manage pain

*Note:* Get ahead of the pain with medication. It will improve your rehab and recovery time in the long run. Once you get behind on pain control, its often difficult to catch back up.

### **Exercises:**

1. Deep Breathing - (longer exhale than inhale) x 10 repetitions or as needed for relaxation
2. Glut sets - 10 repetitions
3. Ankle pumps - 10-20 repetitions
4. Positioning - Elevate legs on pillows above the level of your heart (do not place pillows directly under your new knee). Durations as tolerated
5. ICE - 15-20 minutes (frequency as needed)
6. Sitting at edge of bed, standing, and walking. Activity as tolerated