

Total Knee Replacement Fitness Program- Exercises 4-8 weeks After Surgery (Higher Level Exercises)

In this video Alex and Mike give advice and demonstrate exercises 4-8 weeks after Total Knee Replacement Surgery.

Goals:

- Progress towards maximal knee range of motion (bending/straightening)
- Progressing towards UNAFFECTED legs strength
- Decide on appropriate assistive device use (if any)

Note: If it hurts, do not do it (know the difference between pain and stretch).

Exercises:

2-3 x's daily as tolerated. Increase sets and repetitions as able.

1. Step Flexion Stretch - 10 repetitions to start
2. Sit-stands progression - 5-10 repetitions to start
3. Standing exercises - 10 repetitions each to start
4. Stationary bike - 5 minutes to start
5. Single leg stance progression - durations as tolerated
6. Forward step ups/downs - 10 repetitions to start