

## **Total Knee Replacement Fitness Program- Guideline to Achieve Maximal Knee Flexion (bending) Range of Motion**

In this video Alex and Mike give advice and demonstrate exercises to Achieve Maximal Knee Bending 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 flexion (bending) range of motion. Greatest improvement in knee bending occurs in the first 3 months after surgery.

### **Exercises:**

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

- Heel slides (active assisted to active) - 10 repetitions to start (recommend use of Bob and Brad Knee Glide)
- Seated Knee Glide/floor scrubs - 3-5 minutes to start

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

- Continue seated Knee Glide/floor scrubs - 5-8 minutes
- Chair flexion (bending) stretch - 10 repetitions to start
- Sit-stands with focus on knee bending - 5 repetitions to start
- Walking with emphasis on knee bending

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

- Continue Knee Glide/floor scrubs - 8-10 minutes
- Chair flexion (bending) stretch - 10 repetitions
- Step Flexion stretch - 10 repetitions to start
- Continue walking with knee bending emphasis
- Bending knee with nearly all functional activities

6 weeks+ after surgery - 2x/daily 10 minutes

- Full functional bending during everyday activities
- Step flexion (bending) stretch - 10 -15 repetitions