

Total Knee Replacement Fitness Program

Total Knee Replacement Fitness Program- Introduction

Presented by Alex and Mike- Physical Therapist Assistants working under the supervision of Bob and Brad for 10 years.

Goals: A resource for someone undergoing total knee replacement surgery. Advice and step by step exercise demonstration from before surgery to after surgery and return to normal daily activity.

Warning: All patients are different; this is a general guideline. Your surgeon may have specific protocols. Please follow their protocols, as they can differ from patient to patient.