



**3 DIMENSIONAL  
PHYSICAL THERAPY**

# Top 3 Exercises for a Total Knee Replacement

These exercises should be done several times a day in the weeks leading up to a total knee replacement and in the days immediately after.



## Passive Knee Extension

Sit in a chair with your surgical leg straight out in front of you with your toes pointing up on a supportive surface such as a chair or ottoman

Begin with 5 minutes and gradually work your way up to 10-15 minutes at a time

Perform 3-5x per day

## Quad Set



Sit or lie with your surgical leg straight in front of you, toes pointing up, with your heel supported. Engage your quads by squeezing the muscles in the top of your thigh and pushing your knee straight down.

Repetitions: 20x  
Hold: 5 seconds  
Repeat: 3x per day

## Heel Slide



Start by lying with your surgical leg outstretched on a supportive surface. Loop an object such as a dog leash, towel, or bed sheet around your foot and hold taught in your hands. Use your arms to pull your leg towards yourself to bend your knee as far as you can. Let off tension and repeat.

Repetitions: 20x  
Hold: 5 seconds  
Repeat: 3x per day

## Additional Tips:

- \*DO NOT put a pillow under your knee when sitting, sleeping, etc. following surgery
- \*You should elevate your leg to help alleviate swelling. Do this by lying with the surgical knee elevated and supported ABOVE HEART LEVEL for 10 minutes at a time 2-3x a day.