

# Post-Operative Knee Physical Therapy Exercises

*For The Active Individual*

## **Please Note:**

Sets and repetitions are based on low intensity guidelines. The below exercises are appropriate for immediate post-operative care for knee surgical interventions.

## **Lower Extremity Stretching**

These stretches are safe to perform following to surgery in a pain-free range



### **HAMSTRING STRETCH WITH TOWEL/STRAP**

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Ensure opposite knee is bent and that your knee on the leg being stretched is in a straightened position.

*3 sets, 30 second hold, 1-2x/day*



### **CALF STRETCH WITH TOWEL – GASTROCNEMIUS**

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area. Keep your knee in a straightened position during the stretch.

*3 sets, 30 second hold, 1-2x/day*

## **ROM Exercises**

These range of motion exercises are safe to perform following surgery in pain free range.



### **HEEL SLIDE**

Using a rigid strap, slowly pull your knee towards you until a gentle stretch is felt.

*1 set, 10 repetitions, hold 10 seconds, 1-2x/day*

*\*\*Note any ROM restrictions following knee surgery, consult physician or PT for guidance*



### **HEEL PROP**

With your leg straight and a towel under your ankle, rest your leg and allow gravity to assist with straightening your knee.

*1 set, 3-5 minutes, 1-2x/day*

## Knee/Hip/Core Strengthening

These strengthening exercises are safe to perform following your knee surgery in a pain-free range.



### ABDOMINAL BRACE

Laying on your back with your knees bent, draw in your belly button as if putting on a tight pair of pants. It should feel like you are flattening or pushing your back into the table/bed. This can be performed with your legs straight depending on how far you can comfortably bend your knee.

*3 sets, 10 repetitions with 10 second hold, 1-2x/day*



### QUAD SET

Sitting up or laying down, straighten your involved leg and squeeze your quad to press your knee down on the table. Hold. Repeat

*3 sets, 10 repetitions with 5-10 second hold, 1-2x/day*



### STRAIGHT LEG RAISE FLEXION

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Ensure core muscles are activated.

*3 sets, 10 repetitions, 1-2x/day*



### STRAIGHT LEG RAISE ABDUCTION

While lying on involved side raise top leg up towards ceiling without allowing top hip to roll backwards. Keep body in one straight line from head to toe.

*3 sets, 10 repetitions, 1-2x/day*



### STRAIGHT LEG RAISE EXTENSION

While lying on your stomach raise involved leg up towards ceiling without allowing your back to arch.

*3 sets, 10 repetitions, 1-2x/day*