



PHYSICAL THERAPY DEPARTMENT

TOTAL KNEE HOME INSTRUCTIONS

DO NOT:

1. DO NOT pivot or twist on operative leg while ambulating.
2. DO NOT kneel on operative knee.
3. DO NOT prop pillows under the knee.

DO:

1. DO ambulate with a walker, crutches, or cane.
 - a. Weight bearing as tolerated on your operative leg
2. DO exercise a minimum of twice a day.
3. DO place ice on your knee for 15 minutes after exercising.
4. DO walk frequently.
5. DO remove throw rugs.



TOTAL KNEE HOME PROGRAM

Do Twice Daily (Before and After Surgery)

Repeat all exercises 20 times each

ANKLE PUMPS

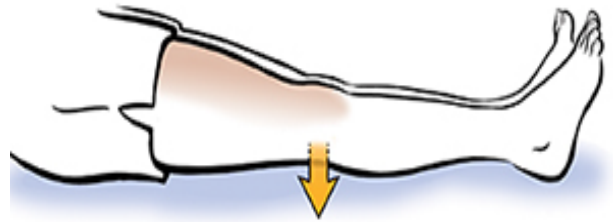


Relax your leg. Gently bend and straighten your ankle up and down as if you are pumping the accelerator of a car. Move through the full range of motion.

Repeat 20 times.

This exercise can be performed in a bed or in a chair.

QUADRICEP SETS



Lie on your back in bed. Push the back of your operated knee down into the bed and tighten the muscles on top of your thigh.

Hold for a count of 5 seconds. Relax and repeat 20 times.

GLUTEAL SETS



Squeeze your buttocks together.

Hold for a count of 5 seconds. Relax and repeat 20 times.

HEEL SLIDES



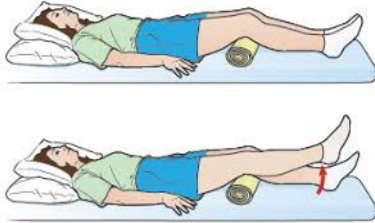
Slide the foot of your operated leg up toward your buttocks so that your hip and knee bend. Keep the other leg flat on the bed.

Bend your operated leg as far as you can and straighten it back out.

Relax and repeat 20 times.



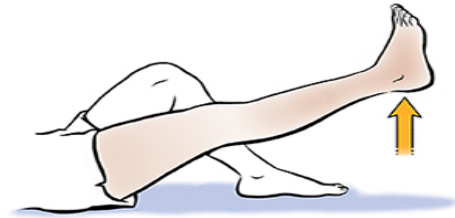
SHORT ARC QUADS



Lie with a towel roll under your operated knee. With your knee over the roll, straighten your operated knee by tightening the muscle on top of your thigh.

Hold for a count of 5 seconds and repeat 20 times.

STRAIGHT LEG RAISE



Lie on your back. Bend your unoperated leg as illustrated. While keeping your operated leg straight, raise your leg to the level of your opposite knee.

Relax and repeat 20 times.

ICE YOUR KNEE FOR 15 MINUTES AFTER EXERCISING.



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HERITAGE VALLEY
HEALTH SYSTEM

HERITAGE VALLEY REHAB/OUTPATIENT PHYSICAL THERAPY LOCATIONS

HOURS BY APPOINTMENT

EVENING HOURS AVAILABLE

SEWICKLEY

100 Hazel Lane
Sewickley, PA 15143

*Located in the Heritage Valley Edgeworth
Medical Neighborhood*

Phone: 412.749.7178
Fax: 412.749.7576

WEST ALLEGHENY

400 Penn Lincoln Drive
Imperial, PA 15126

Phone: 724.773.3065
Fax: 724.770.7932

KENNEDY

25 Heckel Road
McKees Rocks, PA 15136

Phone: 412.777.6231
Fax: 412.777.6528

CENTER TOWNSHIP

79 Wagner Road, Monaca, PA 15061

*Located in the Heritage Valley Center
Township Medical Neighborhood*

Phone: 724.773.6447

BEAVER

Beaver Medical Commons
1030 Beaver Hollow Road
Beaver, PA 15009

Tel: 724.770.0172
Fax: 724.770.7921

CHIPPEWA

2580 Constitution Boulevard
Chippewa, PA 15010

*Located in the Heritage Valley Chippewa
Medical Neighborhood*

Tel: 724.773.6849
Fax: 724.770.7952