

## Post-Operative Knee Exercises

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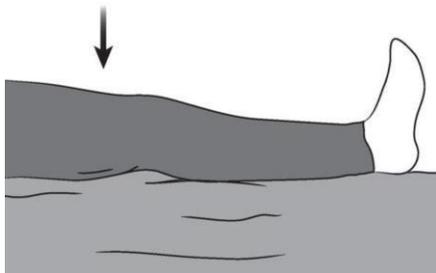
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After knee surgery, Physical Therapy (PT) is typically recommended as an important part of your recovery. However, therapy often doesn't begin for a few days after surgery. During this time, there are some basic, simple exercises that can be helpful for keeping your knee and leg healthy, reducing pain, avoiding stiffness as well as decreasing the risk of a blood clot (also known as DVT).

- Utilizing these exercises regularly will help in your recovery from surgery
- If you have questions or concerns, please contact our office
- These exercises may be done sitting or lying down
- Your brace (if one was given) may be removed 3-4 times per day to perform the below exercises:

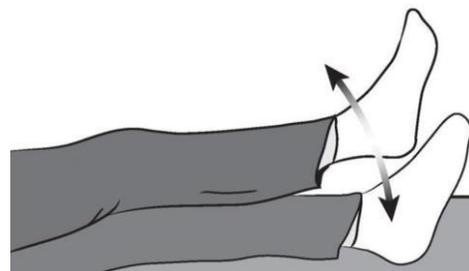
### **Quadriceps Exercises**

- Tighten your thigh muscle, trying to push your knee down toward the floor
- Hold for 10-15 seconds
- Repeat 10-15 times
- Rest one minute and repeat
- Your thigh should feel fatigued



### **Straight Leg Raise**

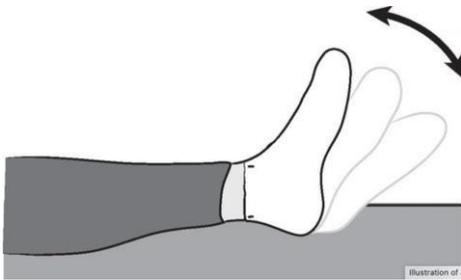
- You may be unable to perform this immediately after surgery, which is ok
- Tighten your thigh muscle, keeping your knee straight
- Raise your leg 10-12 inches
- Hold in the air for 5-10 seconds. Slowly lower the leg.
- Repeat 10-15 times
- Your thigh should feel fatigued



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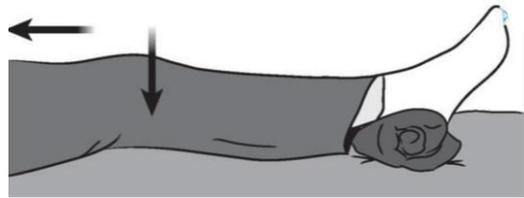
### Ankle Pumps

- Move your foot up and down using your calf and shin muscles
- Make sure the ankle goes fully up and down with each movement
- Repeat 10-15 times



### Knee Extension

- Place a rolled towel under your ankle
- Tighten your thigh, pushing your knee toward the floor
- Try to get the knee fully straight
- Hold for 10-15 seconds
- Repeat 10-15 times



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***Need a visual? Helpful video link:***

<https://vimeo.com/678388870>

