**Total Knee Replacement Pre-op Exercises**

**ANKLE PUMPS**

Lying on your back or sitting, bend and straighten your ankles briskly. If you keep your knees straight during the exercise, you will stretch your calf muscles.

REPEAT 25-50 times, 2 every hours.

**QUAD SETS**

Lying on your back with legs straight, tighten your thigh muscle and push your knee down firmly against the bed.

Hold 5 seconds. Relax.

REPEAT 25-50 times, 5 times per day.

**QUAD SETS WITH TOWEL ROLL UNDER ANKLE**

Lie on your back, place a towel roll under your heel. Allow your knee to straighten as much as possible. Tighten your thigh muscle and hold for approximately 5 seconds. Slowly relax.

REPEAT 25 times, 5 times per day.

**DO NOT PLACE TOWEL OR PILLOW UNDER KNEE FOR COMFORT WHILE RESTING OR SLEEPING.**

- IT MAY FEEL BETTER BUT WILL PREVENT YOU FROM GAINING FULL EXTENSION IN REHAB.
Total Knee Replacement Pre-op Exercises

STRAIGHT LEG RAISES

Lie on your back with one leg bent and the other leg straight, Raise your straight leg off bed 10-12 inches. Hold approximately 5 seconds. Slowly relax.

REPEAT 5-10 times, 2 times per day.

HEEL SLIDES

While sitting in a chair or at the edge of the bed, place one foot out in front of you with your other foot on a towel. Gently slide your foot back as far as you can tolerate. Hold for 5 seconds.

REPEAT 25 times, 2 to 3 times per day.

HEEL SLIDES

Lie on your back, bend your knee and slide your heel along bed toward your buttocks. Bend your knee as much as you can tolerate. Slowly straighten and lower your leg.

REPEAT 10-15 times, 2 times per day.