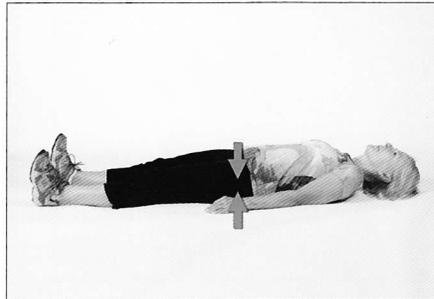
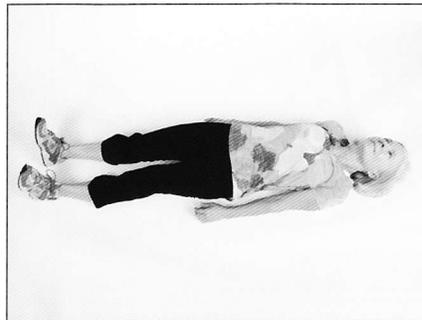


Exercises for Total Knee Arthroplasty

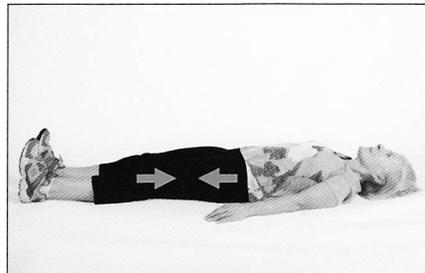
Glut sets: Lie on your back. Squeeze your buttock muscles together. Hold for five seconds. Relax. Repeat 10 more times.



Hip abduction (supine): Lie on your back. Gently bring your leg out to the side while keeping your knee straight. Bring your leg back to the start position while keeping your knee straight. Repeat 10 times.

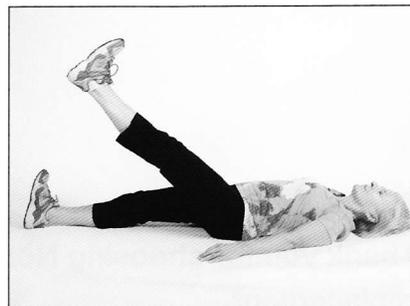
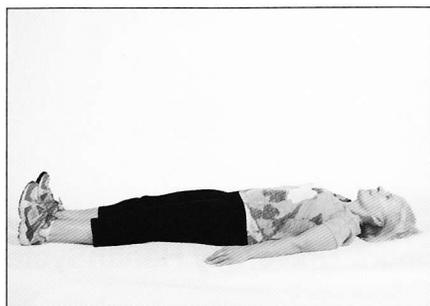


Quad sets: Lie on your back. Tighten muscles on the top of your thigh by pushing your knee down into the bed. Hold 5 seconds. Relax. Repeat 10 times.



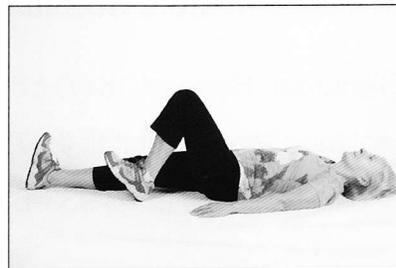
Straight leg raise: Lie on your back. Tighten muscles on the front of your thigh then lift your leg up off the bed. Keep your knee straight and your leg controlled throughout the motion. Return to start.

Repeat 10 times.



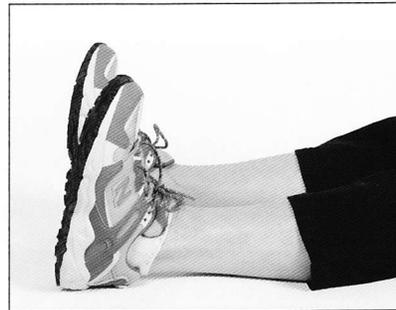
Heel slides: Start lying down with your legs straight in front of you. Draw the heel of the left foot toward your body. Hold for five seconds. Return to start.

Repeat 10 times.



Ankle pumps: While lying down or sitting up, gently point your toes down to the floor and then up towards the ceiling.

Repeat 10 times.



Long arc quads: Sit in a chair. Raise your leg until your knee is straight. Hold 5 seconds. Return to the start position.

Repeat 10 times.

