

## **Knee Surgery Exercises**

### ***Quadriceps sets***

Tighten muscles on top of thigh by pushing knees down into floor or table. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

### ***Straight leg raise***

Rest on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

### ***Ankle Pumps***

Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain. Repeat periodically throughout day to promote circulation. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

### ***Seated Hamstring Stretch***

Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

### ***Standing Knee Flexion***

Standing, bend knee up towards rear as far as possible. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

### ***Knee Extension***

With involved leg approximately 6 inches in front of other leg use thigh muscles to straighten knee. Hold 5 seconds. Repeat 15-30 times. Do 3 sessions/day.

## **PROPER CRUTCH USE**

### **FITTING CRUTCHES**

1. stand with good posture.
2. Place crutch tips approximately 6 inches to the side of the toes and slightly in front
3. Adjust the height of the crutches so that 2-3 fingers fit between the top of the crutches and the armpits (approx. 2 inches)
4. Adjust the hand grips so that the elbows are slightly bent.

**\*\* be careful not to put weight on the armpits!!!**

## **STANDING AND SITTING**

### **\*\*TO STAND**

1. Place crutches together on the strong side
2. Position the strong side's palm of the hand on the hand grips
3. Push up against the chair or bed with the hand of the weak side

### **\*\*TO SIT**

1. Reverse above movements
2. Begin with both crutches on the strong side
3. Keep the back straight and make sure the chair/bed is steady
4. Reach back with the hand of the weak side, and slowly sit to the chair/bed.

## **WALKING**

1. Place both crutches forward at the same time (approx. 12 inches to the front and 6-8 inches to the side of your toes)
2. Complying with instructed weight bearing, step forward with weaker leg so that it is even with the crutches
3. Press on crutch hand grips, and step with the stronger leg up to or slightly past the weaker leg
4. Repeat movements.

## **STAIRS**

### **\*\*UP**

1. Advance "good" leg up the steps first
2. Follow with crutches and the "bad" leg

### **\*\*DOWN**

1. Descend the "bad" leg and crutches down the steps first
2. Follow with the "good" leg

**\*\*if using a hand rail, place both crutches in the hand opposite the rail and follow same sequence of steps as above.**