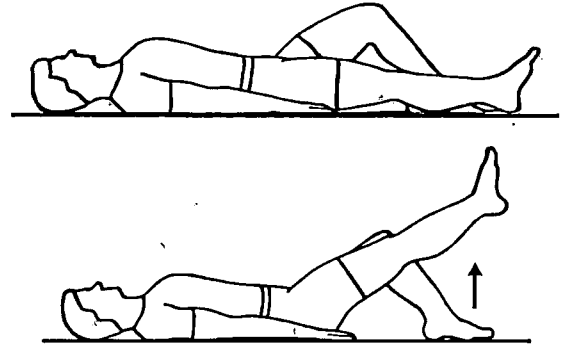


Total Knee Arthroplasty Preoperative Exercises

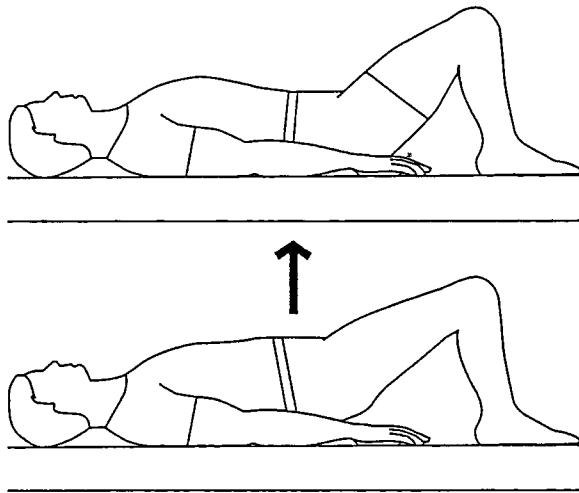
Straight Leg Raises

- Lie on back with uninvolved knee bent as shown.
- Raise involved, straight leg up to thigh level of bent leg.
- Return to start position and repeat.

Note: Do not hold breath.



Perform
10 repetitions **2X/DAY**



Bridging

- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

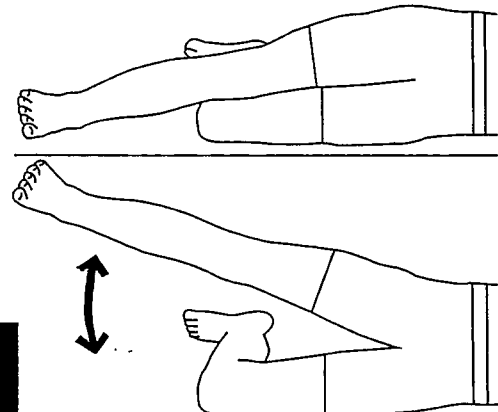
Note: Maintain neutral spine.

Perform
10 repetitions **2X/DAY**

Hip Abduction – Sidelying

- Lie on uninvolved side with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Note: Do not roll trunk forward or backward.



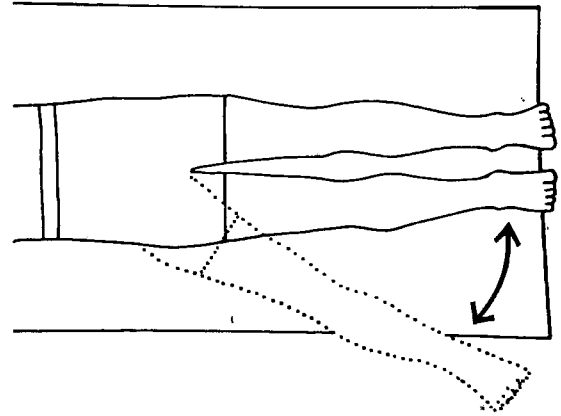
Perform
10 repetitions **2X/DAY**

Total Knee Arthroplasty Preoperative Exercises

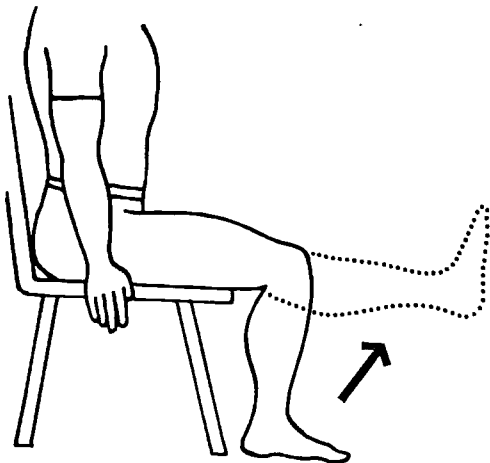
Hip Abduction – Supine

- Lie on back on firm surface, legs together.
- Move involved leg out to side, keeping knees straight.
- Return to start position and repeat.

Note: Perform only if unable to get into side lying position. Do not perform in both side lying and supine (on your back) positions. Use a pillow case to reduce friction.



Perform
10 repetitions **2X/DAY**



Sitting Knee Extension

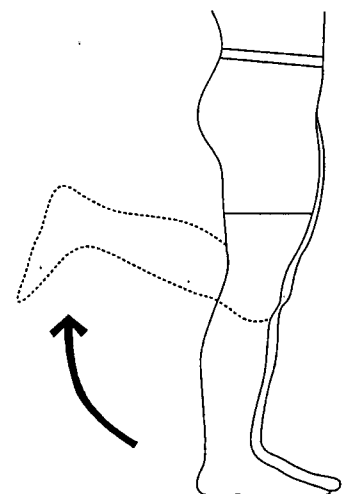
- Sit with involved leg bent to 90 degrees as shown.
- Straighten leg at knee.
- Hold for 5 seconds.
- Return to start position and repeat.

Perform
10 repetitions **2X/DAY**

Knee Flexion – Standing

- Hold onto counter, table or other sturdy surface.
- Stand, bend involved knee, bringing foot up toward buttocks.
- Return to start position and repeat.

Perform
10 repetitions **2X/DAY**

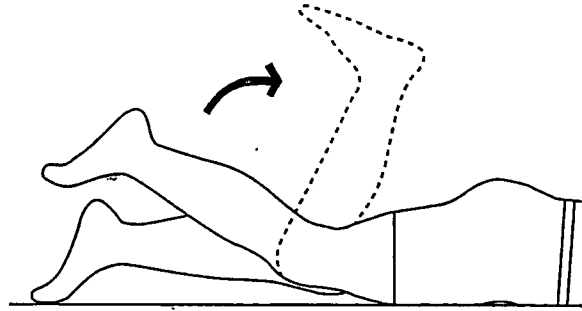


Total Knee Arthroplasty Preoperative Exercises

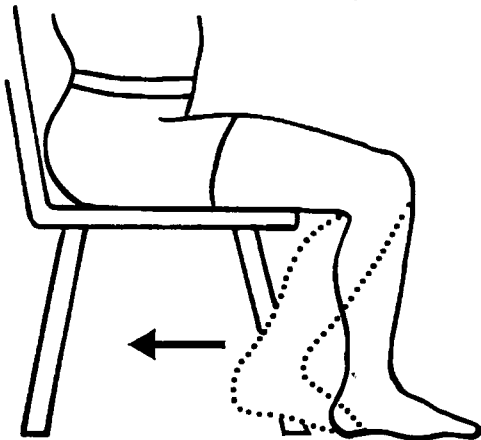
Knee Flexion – Prone

- Lie face down, legs straight.
- Bend involved knee, bringing foot forward buttocks.
- Return to start position and repeat.

Note: Perform only if unable to complete in standing. Do not perform in both standing and prone (face down) positions. Do not let buttocks or hips raise upward.



Perform
10 repetitions **2X/DAY**



Knee Flexion – Sitting

- Sit in chair, moving heel of involved leg under chair, through full range, as shown.
- Return to start position and repeat.

Note: Perform if unable to complete exercises in standing or in prone. Do not do in all positions.

Perform
10 repetitions **2X/DAY**