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Exercises For Total Knee Replacement

PERFORMANCE HEALTH ACADEMY

PATIENT NAME: _____ DATE: _____

Exercise 1 - Terminal Knee Extension

Description: Place Theraband™ "CLX" and Dots around the knee. Loop "CLX" around the knee. Place one hand on the knee and the other on the floor. Pull the knee straight out to the floor. Hold for 10 seconds. Repeat 10 times.

Progression: Pull the knee straight out to the floor. Hold for 10 seconds. Repeat 10 times.

REPS: _____ **SETS:** _____

Exercise 2 - Seated Swing Phase

Description: Loop Theraband™ "CLX" around each ankle. Sit on a chair. Pull the band around the knee. Swing the leg forward and back. Repeat 10 times.

Progression: Pull the band around the knee. Swing the leg forward and back. Repeat 10 times.

REPS: _____ **SETS:** _____

Exercise 3 - Station Walk with Band

Description: Loop Theraband™ "CLX" around knees. Slightly bend knees and feet. Walk forward. Repeat 10 times.

Progression: Pull the band around the knees. Walk forward. Repeat 10 times.

REPS: _____ **SETS:** _____

Exercise 4 - Crawls

Description: Lie on all fours with Theraband™ "CLX" around each knee. Push the knees out to the sides. Repeat 10 times.

Progression: Pull the band around the knees. Push the knees out to the sides. Repeat 10 times.

REPS: _____ **SETS:** _____

Exercise 5 - Bridge with Hip Abduction

Description: Lie on back with Theraband™ "CLX" around each knee. Lift the hips. Pull the band around the knees. Repeat 10 times.

Progression: Pull the band around the knees. Lift the hips. Repeat 10 times.

REPS: _____ **SETS:** _____

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Rotator Cuff and Shoulder Conditioning Program

STRETCHING EXERCISES

1. Pendulum

Repetitions: Main muscles worked: Deltoids, supraspinatus, infraspinatus, subscapularis. 2 sets of 10.

Days per week: Equipment needed: None. 3 to 6.

Step-by-step directions:

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.

Tip: Do not round your back or lock your knees.

2. Crosser Arm Stretch

Repetitions: Main muscles worked: Posterior deltoid. You should feel this stretch at the back of your shoulder. 4 each side.

Days per week: Equipment needed: None. 3 to 6.

Step-by-step directions:

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other arm.

Tip: Do not pull or put pressure on your elbow.

AAOS does not endorse any treatments, procedures, products, or physicians referenced herein. This information is provided as an educational service and is not intended to serve as medical advice. Anyone seeking specific orthopedic advice or assistance should consult his or her orthopedic surgeon.

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