

Mid Recovery Knee Replacement Exercises

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Squat with Chair Touch

STEP 1



STEP 2



Setup: Begin in a standing upright position in front of a chair.

Movement: Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat.

Tip: Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

Standing Terminal Knee Extension with Resistance

STEP 1



STEP 2



Setup: Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.

Movement: Gently straighten your knee, pulling against the resistance band.

Tip: Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.

Single Leg Stance



Setup: Begin in a standing upright position with your feet together and arms resting at your sides.

Movement: Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip: Try not to move your arms away from your body or let your weight shift from side to side.

Lateral Step Up

STEP 1



STEP 2



Setup: Begin in a standing upright position with a small step next to your side.

Movement: Step sideways onto the step with the foot closest to the step, then step up with your other foot. Step back down to the ground in the reverse order.

Tip: Make sure to maintain your balance during the exercise and shift your weight fully onto the leg on the step.

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Standing 3-Way Leg Reach with Resistance at Ankles and Counter Support

STEP 1



STEP 2



Setup: Begin in a standing upright position with one hand resting on a counter in front of you and a resistance band looped around your ankles.

Movement: Pulling against the resistance band, slowly lift one leg straight forward, out to your side, backward, and diagonally behind you. Repeat with your opposite leg.

Tip: Make sure to keep your leg straight and do not let your trunk rotate during the exercise. Use the counter to help you balance as needed.

Seated Knee Flexion Stretch

STEP 1



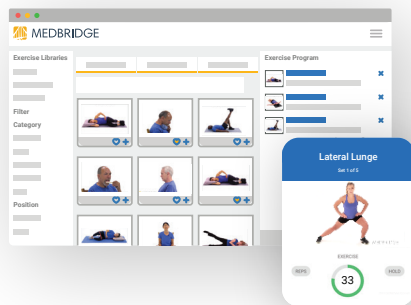
STEP 2



Setup: Begin sitting in an upright position.

Movement: Move one foot backward under the chair, then slowly shift your weight forward, bending your knee further. Hold this position. Return to the starting position and repeat.

Tip: Make sure to only move in a pain-free range of motion.



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