

# Post Operative Week 1 Knee Replacement Exercises

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## Supine Ankle Pumps

STEP 1



STEP 2



**Setup:** Begin lying on your back with your legs straight.

**Movement:** Slowly pump your ankles by bending and straightening them.

**Tip:** Try to keep the rest of your legs relaxed while you move your ankles.

## Supine Quad Set

STEP 1



STEP 2



**Setup:** Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

**Movement:** Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

**Tip:** Make sure to keep your back flat against the floor during the exercise.

## Supine Short Arc Quad

STEP 1



STEP 2



**Setup:** Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

**Movement:** Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

**Tip:** Make sure to keep your back flat against the floor as you move your leg.

## Supine Heel Slide

STEP 1



STEP 2



**Setup:** Begin lying on your back with your legs straight.

**Movement:** Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

**Tip:** Make sure not to arch your lower back or twist your body as you move your leg.

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## Supine Active Straight Leg Raise

STEP 1



STEP 2



**Setup:** Begin lying on your back with one knee bent and your other leg straight.

**Movement:** Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

**Tip:** Make sure to keep your leg straight and do not let your back arch during the exercise.

## Supine Hip Abduction

STEP 1



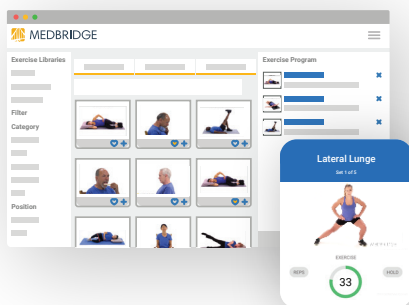
STEP 2



**Setup:** Begin lying on your back with your legs straight.

**Movement:** Move one leg out to the side as far as you can without bending at your side.

**Tip:** Make sure to keep your back on the ground and do not move your upper body during the exercise.



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