

Prehab Knee Replacement Exercises

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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 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.

Seated Long Arc Quad

STEP 1



STEP 2



Setup: Begin sitting upright in a chair.

Movement: Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip: Make sure to keep your back straight during the exercise.

Mini Squat

STEP 1



STEP 2



Setup: Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement: Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip: Make sure to keep your back straight and do not let your knees bend forward past your toes.

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Standing Hip Abduction

STEP 1



STEP 2



Setup: Begin in a standing upright position holding onto a chair at your side for support.

Movement: Lift your leg out to your side, then return to the starting position and repeat.

Tip: Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise.

Standing Hip Extension

STEP 1



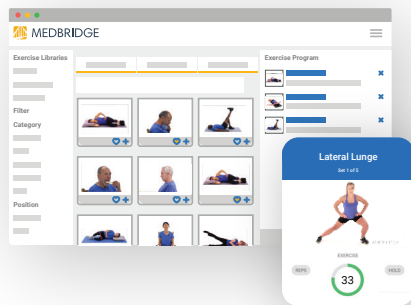
STEP 2



Setup: Begin in a standing upright position holding on to a stable object for support.

Movement: Lift one leg backward, then slowly return to the starting position and repeat.

Tip: Make sure to keep your back straight and maintain your balance during the exercise.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.