

## Total Knee Arthroplasty Exercises - Physiotherapy

### 1) ANKLE PUMPS

Bend ankles up and down, alternating feet.  
REPEAT: 10 Times, 3 Times per day



### 2) QUAD SETS

Slowly tighten muscles on thigh of straight leg, while counting to 10 out loud.  
REPEAT: 10 Times, 3 Times per day



### 3) SHORT ARC QUADS

Place a large can or rolled towel under leg. Bend ankle up and lift foot to straighten knee. Hold 5 seconds.  
REPEAT: 10 Times, 3 Times per day



#### 4) HEEL SLIDES

Bend knee and pull heel toward buttock.  
REPEAT: 10 Times, 3 Times per day



#### 5) STRAIGHT LEG RAISES

Tighten thigh muscle and bend ankle up. Slowly lift straight leg 10 inches from bed and hold 2 seconds. Lower it, keep tight for 2 more seconds and relax.  
REPEAT: 10 Times, 3 Times per day



#### 6) CHAIR KNEE FLEXION

Keeping feet on floor, slide foot of operated leg back, bending knee. Hold for 5 seconds.  
REPEAT: 10 Times, 3 Times per day

