

Home Exercise Program — Knee Replacement

Check the box under the appropriate day and week after you perform the exercises selected for you.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su
ankle pumps/circles																												
thigh squeezes																												
heel slides																												
leg slides																												
lying kicks																												
straight leg raises																												
knee bending																												
prolonged knee stretch																												
sitting kicks																												
straightening stretch																												
dangling/swinging																												
Optional																												
hamstring sets																												
buttocks squeezes																												
Advanced																												
towel stretch																												
prone knee flexion																												
prone hip flexion																												
step stretch																												
knee step up																												
standing exercises																												