

10 Exercises to do Before a Knee Replacement

Created By: [Theseniorcenteredpt.com](http://theseniorcenteredpt.com)

Heel Raises

1. Stand with feet hip distance apart.
2. Hold on to a chair or stable surface for balance, if needed.
3. Lift heels off of the floor by pushing through the ball of your foot (make sure your weight is toward your first and second toe, not toward the pinky toe).
4. Slowly lower your heels back down.
5. Repeat 10-15 times.
6. Rest for 30 seconds.
7. Perform 3 sets total.



****Note: You can make this more challenging by doing one leg at a time****

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Squats

1. Stand with feet slightly wider than shoulders.
2. Brace your belly, so your abdominals are engaged. (Pretend you were going to lift something heavy- that's the feeling you want in your abdominal region).
3. Push hips back as if you were going to sit in a chair.
4. Bend knees (keeping torso upright).
5. Squeeze the front of your legs and your buttocks to stand up.
6. Repeat 10-12 times.
7. Rest for 30 seconds.
8. Perform 3 sets total.

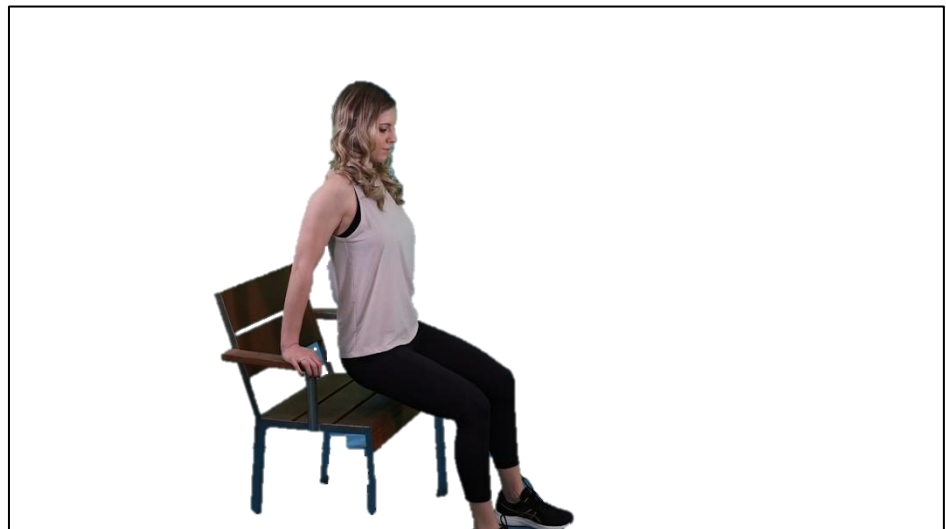


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Chair Pushups

1. Use a stable chair with armrests.
2. Place the back of the chair against a wall so it doesn't move.
3. Sit towards the front of the chair.
4. Place hands on arm rests.
5. Push through your hands to lift your bottom off of the seat.
6. Slowly lower bottom back into the seat.
7. Repeat 10-12 times.
8. Rest for 30 seconds.
9. Perform 3 sets.



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Bent Knee Stretch

1. Sit towards the front of your chair (using the same chair in exercise 3 with back of chair against the wall).

2. Place feet flat on the floor about hip distance apart.

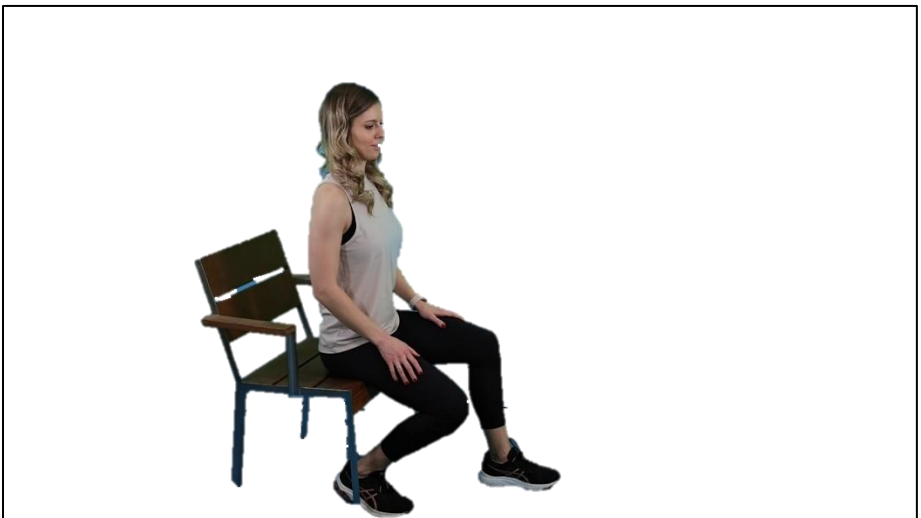
3. Slide injured foot backwards, towards seat of the chair. It's okay if your heel lifts.

4. You should feel a stretch on the front of your leg, around your knee. Hold stretch for 30 seconds.

5. Slowly bring your foot back to starting position.

6. Rest for 30 seconds.

7. Repeat three times (you can perform on each side to help flexibility in both legs).



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Straight Knee Stretch

1. Place a chair in front of the chair or surface you are sitting on, or sit in front of a coffee table/surface you can put your foot on.



2. Place injured leg on chair/table/surface in front of you, so your leg is as straight as possible (Back your chair up if you need to in order to straighten leg).

3. You should feel a stretch on the back side of your leg. Hold it for 30 seconds.

4. Bring foot to the floor to rest for 30 seconds.

5. Repeat 3 times (perform on both sides).

****Note:** You can get a deeper stretch by placing a rolled towel under your heel, or by pressing your thigh down into your chair.******

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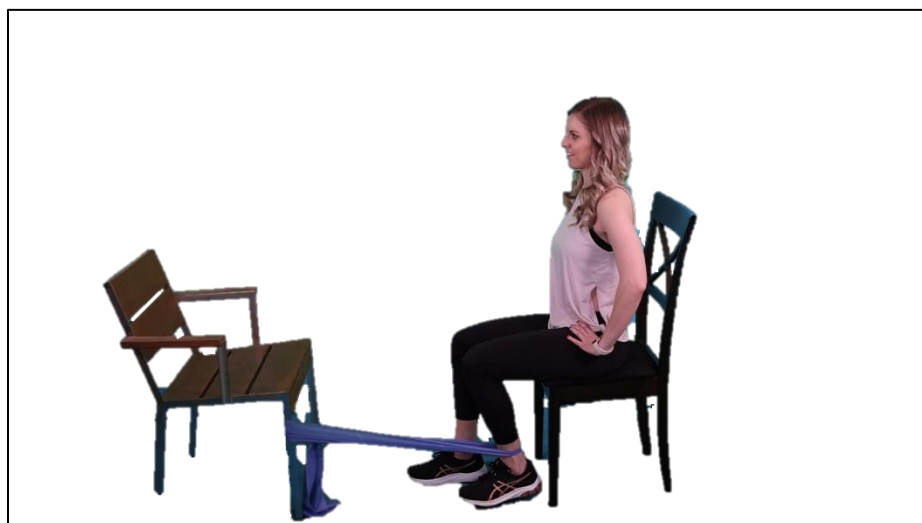
Hamstring Curls

1. Fold your resistance band in half and tie a knot towards the ends or tie your resistance band around the leg of stable table/surface.



2. If you're using a doorway, place the knot in the doorway, and close the door.

3. Sit towards the front of your chair and place one foot in the band, letting it wrap around the back of your ankle.



4. Straighten your knee (as much as you can keeping the band around your ankle, then bend your knee, pulling the band back towards the chair (If it's too easy, scoot your chair back to add more resistance).

5. Repeat 10-12 times.

6. Switch legs, and perform steps 3-5 on this side.

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7. Perform 3 sets on each side.

Heel Slides

1. Bend your non-injured leg, and straighten your injured leg.

2. Bend your injured knee as much as you can by sliding your heel towards your bottom.

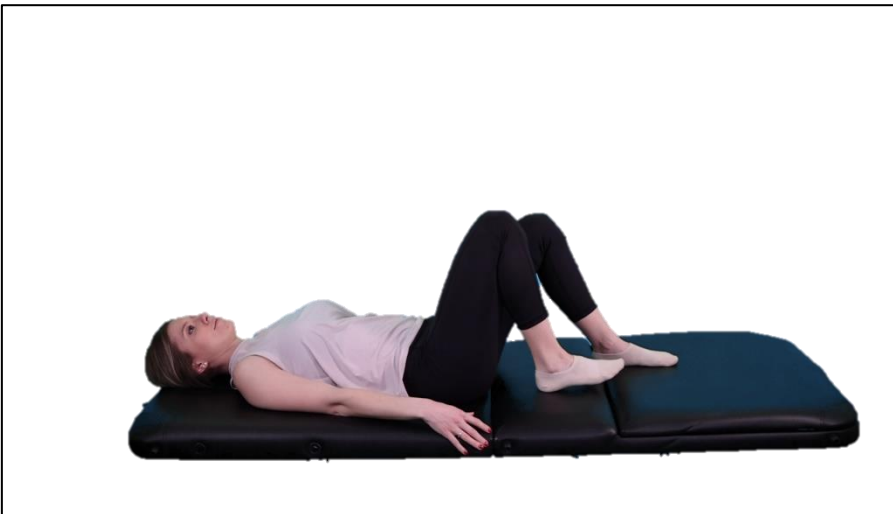
3. Hold for 3 seconds at your maximum amount of bend.

4. Slowly return your foot to starting position, squeezing the front of your thigh to get your leg as straight as you can.

5. Repeat 15 times.

6. Perform on the other leg.

7. Perform 3 sets on each leg.



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Bed Mobility

1. Lay flat on your back with arms by your sides.
2. Bend your elbows so your hands come towards your chest.

3. Push up through your elbows to lift shoulder blades off of the bed.



4. Push through your hands to lift torso up from the bed.



5. Slowly lower your torso back down to the bed.



6. Repeat 10 times.

7. Rest for 30 seconds-1minute.

8. Perform 3 sets.



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Straight Leg Raises

1. Lay flat on your back with legs straight.

2. Bend non-injured knee so your foot is flat on the bed/mat.

3. Squeeze the quad/front thigh of the injured leg.

4. Lift injured leg (with quad still activated) up- no higher than knee of opposite leg.

Note: leg MUST be straight! If you cannot keep your knee from bending, please skip this exercise.

5. Lower leg back down to bed/mat slowly.

6. Relax quad muscles.

7. Repeat steps 3-5 for 10-12 repetitions.

8. Perform on other leg.



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Side Lying Abduction

1. Lay on your non-injured side.

2. Bend your bottom knee.

3. Lift your top leg about 6 inches off the floor/mat/bed (focus on lifting from your glutes. You should feel your glutes working!).

4. Lower your leg to starting position.

5. Repeat 10-12 times.

6. Rest for 30 seconds.

7. Perform 3 sets.

8. Repeat on other side.

