



PATIENT INSTRUCTIONS · POST-OPERATIVE KNEE

POST-OP KNEE HOME EXERCISE PROGRAM

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HOW TO USE THIS PROGRAM

- Complete the full program **two times a day**.
- Wear your brace for the hip abduction and straight leg raise exercises **if one was prescribed at surgery**.

AT A GLANCE

FREQUENCY

2 times a day

BRACE

As prescribed · for exercises 3–5

QUESTIONS

615-936-7846



EXERCISE 01

QUAD SET — TOWEL UNDER KNEE

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day

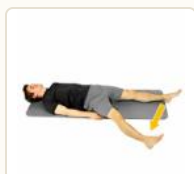


EXERCISE 02

PATELLAR MOBILIZATION

Relax the knee cap and gently move it (painlessly) by gliding the bone up and down and left and right.

REPEAT	20 Times
COMPLETE	3 Sets
PERFORM	2× a Day



EXERCISE 03

HIP ABDUCTION — SUPINE

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.

WEAR BRACE IF PRESCRIBED VIDEO #VVVW9DCCW

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 04

HIP ABDUCTION — SIDELYING

While lying on your side, slowly raise your top leg towards the sky. Keep your knee straight and your toes pointed forward, and keep your leg in line with your body. The bottom leg can be bent to stabilize you.

WEAR BRACE IF PRESCRIBED VIDEO #VV4R4FB65

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 05

STRAIGHT LEG RAISE WITH TOWEL

While lying on your back, hook a towel or belt under your foot and draw your leg up until a stretch is felt along the back of your leg. Keep your knee straight, then slowly lower your leg back to the bed.

WEAR BRACE IF PRESCRIBED VIDEO #VVQGB3WMY

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day

PROUD MEDICAL TEAM FOR

