Routine For:
Created By:

Total Knee Arthroplasty (All)

TOTAL KNEE - 1  Ankle Pump
Bend ankles up and down, alternating feet.
Repeat _____ times. Do _____ sessions per day.

TOTAL HIP - 1 Quad Set
Slowly tighten muscles on thigh of straight leg while counting out loud to _____. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

TOTAL HIP - 2  Gluteal Squeeze
Squeeze buttocks muscles as tightly as possible while counting out loud to _____.
Repeat _____ times. Do _____ sessions per day.

TOTAL HIP - 6  Heel Slide
Bend knee and pull heel toward buttocks. Hold _____ seconds. Return. Repeat with other knee.
Repeat _____ times. Do _____ sessions per day.
Routine For:
Created By:

Total Knee Arthroplasty (All)

HIP / KNEE - 70 Knee Extension Mobilization: Towel Prop

With rolled towel under _____ ankle, place ____ pound weight across knee. Hold ____ minutes.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TOTAL HIP - 3 Short Arc Quad

Place a large can or rolled towel under leg. Straighten knee and leg. Hold ____ seconds. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

TOTAL KNEE - 3 Hamstring Set

With one leg bent slightly, push heel into bed without bending knee further. Hold ____ seconds. Alternate legs.
Repeat _____ times. Do _____ sessions per day.

TOTAL KNEE - 4 Straight Leg Raise

Bend _____ leg. Keep other leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg ____ inches from bed and hold ____ seconds. Lower it, keeping muscles tight ____ seconds. Relax.
Repeat _____ times. Do _____ sessions per day.
Routine For: Total Knee Arthroplasty (All)

Created By:

TOTAL HIP - 7 Abduction

Slide one leg out to side. Keep kneecap pointing up. Gently bring leg back to pillow. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

KNEE - 6 Straight Leg Raise

Bend one leg. Raise other leg _____ inches with knee locked. Exhale and tighten thigh muscles while raising leg.
Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

HIP - 11 Hip Flexor Stretch

Lying on back near edge of bed, bend one leg, foot flat.
Hang other leg over edge, relaxed, thigh resting entirely on bed for _____ minutes.
Repeat _____ times. Do _____ sessions per day.
Advanced Exercise: Bend knee back keeping thigh in contact with bed.

TOTAL KNEE - 9 Prone Knee Flexion

Bend _____ knee, bringing heel toward buttocks.
Hold _____ seconds, then straighten.
Can use the non-operated leg to push the operated leg.
Repeat _____ times. Do _____ sessions per day.
TOTAL KNEE - 12 Side Leg Lift

With operated leg on top and bottom leg bent, lift the top leg up toward ceiling. Keep knee pointing straight ahead and leg in line with body. Slowly lower. Use ____ lbs on ankle. Repeat ____ times. Do ____ sessions per day.

HIP / KNEE - 7 Self-Mobilization: Knee Extension (Prone)

Using other leg, gently push ____ leg straight until a stretch is felt. Hold ____ seconds. Relax. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

TOTAL KNEE - 7 Hamstring Stretch

Sitting with operated leg straight on bed, and foot of other leg on floor, lean forward toward toes of straight leg. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.

HIP / KNEE - 1 Self-Mobilization: Downward Kneecap Push

With thumbs on upper border of ____ kneecap, gently push kneecap toward foot. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.
TOTAL KNEE - 18  Tricky Toe-Tap

Sitting with _____ knee bent as far as possible, tap toes ____ times.

Now, try to bend it a bit further and tap toes ____ times.

The goal is to bend knee to 90º.

Repeat ____ times.
Do ____ sessions per day.

TOTAL KNEE - 17  Range of Motion

Place _____ foot on smooth surface. Slowly slide foot back as far as possible. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

SITTING - 6  Knee Raise

Lift knee and then lower it.
Repeat with other knee.

Repeat ____ times.
Do ____ sessions per day.

TOTAL KNEE - 11  Long Arc Quad

Straighten operated leg and try to hold it ____ seconds.
Use ____ lbs on ankle.

Repeat ____ times. Do ____ sessions a day.
KNEE - 3 Knee Stretch

Cross legs at ankles. With front leg, push other leg until stretch is felt. Relax. Recross legs at ankles. Lift front leg with back leg, straightening it.
Repeat entire exercise with legs switched.
Repeat _____ times.
Do _____ sessions per day.

TOTAL KNEE - 16 Wall Push

Sit in chair with _____ toe against wall. Scoot to edge of chair. Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

HIP / KNEE - 55 Knee Extension: Resisted (Sitting)

With band looped around _____ ankle and under other foot, straighten leg with ankle loop. Keep other leg bent to increase resistance.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 57 Knee Flexion: Resisted (Sitting)

Sit with band under _____ foot and looped around ankle of supported leg. Pull unsupported leg back.
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.
GAIT - 1  Toe Up

Gently rise up on toes, then roll back on heels.
Repeat _____ times. Do _____ sessions per day.

TOTAL HIP (ADVANCED) - 17  Standing Hip Adbduction

Lift leg out to side, bring back to midline. Use _____ lbs on ankle.
Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

TOTAL HIP (ADVANCED) - 18  Standing Hip Extension

Bring leg back as far as possible.
Use _____ lbs on ankle.
Repeat with other leg.
Repeat _____ times.
Do _____ sessions per day.

KNEE - 12  Hamstring Strengthening

Holding support, lift heel toward buttocks. Use _____ lbs on ankle.
Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
TOTAL KNEE - 14  Partial Knee Bend

Holding on to stable object, slightly bend knees and slowly straighten.

Repeat _____ times.
Do _____ sessions per day.

GAIT - 9  Leg Stand

Stand on one leg for _____ seconds. Try not to use support.
Repeat on other leg.

Repeat _____ times.
Do _____ sessions per day.

HIP - 10  "I love a Parade" Lift

Using a chair if necessary, march in place 4 times in each phase:

(1) Foot raised 6"
(2) 12"
(3) 18"
(4) as high as you can.

Repeat _____ times.
Do _____ sessions per day.

HIP / KNEE - 43  Terminal Knee Extension (Standing)

Facing anchor with _____ knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.
HIP / KNEE - 41 Stretching: Gastroc

Stand with _____ foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold ____ seconds.

Repeat _____ times per set.
Do ____ sets per session. 
Do ____ sessions per day.
Routine For:  
Created By:  

Total Knee Arthroplasty (All)

**TOTAL KNEE - 1  Ankle Pump**
Bend ankles up and down, alternating feet.
Repeat ___ times. Do ___ sessions per day.

**TOTAL HIP - 1  Quad Set**
Slowly tighten muscles on thigh of straight leg while counting out loud to ___. Repeat with other leg.
Repeat ___ times. Do ___ sessions per day.

**TOTAL HIP - 2  Gluteal Squeeze**
Squeeze buttocks muscles as tightly as possible while counting out loud to ___.
Repeat ___ times. Do ___ sessions per day.

**TOTAL HIP - 3  Short Arc Quad**
With a large can or rolled towel under leg. Straighten knee and leg. Hold ___ seconds. Repeat with other leg.
Repeat ___ times. Do ___ sessions per day.

**TOTAL HIP - 6  Heel Slide**
Bend knee and pull heel toward buttocks. Hold ___ seconds. Return. Repeat with other knee.
Repeat ___ times. Do ___ sessions per day.

**HIP / KNEE - 70  Knee Extension Mobilization: Towel Prop**
With rolled towel under _____ ankle, place _____ pound weight across knee. Hold ___ minutes.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

**TOTAL KNEE - 3  Hamstring Set**
With one leg bent slightly, push heel into bed without bending knee further. Hold ___ seconds. Alternate legs.
Repeat ___ times. Do ___ sessions per day.

**TOTAL KNEE - 4  Straight Leg Raise**
Bend _____ leg. Keep other leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg ___ inches from bed and hold ___ seconds. Lower it, keeping muscles tight ___ seconds. Relax.
Repeat ___ times. Do ___ sessions per day.

**TOTAL HIP - 7  Abduction**
Slide one leg out to side. Keep kneecap pointing up. Gently bring leg back to pillow. Repeat with other leg.
Repeat ___ times. Do ___ sessions per day.

**KNEE - 6  Straight Leg Raise**
Bend one leg. Raise other leg ___ inches with knee locked. Exhale and tighten thigh muscles while raising leg.
Repeat with other leg.
Repeat ___ times. Do ___ sessions per day.

**HIP - 11  Hip Flexor Stretch**
Lying on back near edge of bed, bend one leg, foot flat. Hang other leg over edge, relaxed, thigh resting entirely on bed for ____ minutes.
Repeat ___ times. Do ___ sessions per day.
Advanced Exercise: Bend knee back keeping thigh in contact with bed.

**TOTAL KNEE - 9  Prone Knee Flexion**
Bend _____ knee, bringing heel toward buttocks. Hold ___ seconds, then straighten.
Can use the non-operated leg to push the operated leg.
Repeat ___ times. Do ___ sessions per day.
Routine For: Total Knee Arthroplasty (All)

Created By:

TOTAL KNEE - 12 Side Leg Lift

With operated leg on top and bottom leg bent, lift the top leg up toward ceiling. Keep knee pointing straight ahead and leg in line with body. Slowly lower. Use ___ lbs on ankle.
Repeat ___ times. Do ___ sessions per day.

TOTAL KNEE - 13 Hamstring Stretch

Sitting with operated leg straight on bed, and foot of other leg on floor, lean forward toward toes of straight leg. Hold ___ seconds.
Repeat ___ times. Do ___ sessions per day.

TOTAL KNEE - 18 Tricky Toe-Tap

Sitting with ___ leg bent as far as possible, tap toes ___ times.
Now, try to bend it a bit further and tap toes ___ times.
The goal is to bend knee to 90°.
Repeat ___ times. Do ___ sessions per day.

TOTAL KNEE - 17 Range of Motion

Place ___ foot on smooth surface. Slowly slide foot back as far as possible. Hold ___ seconds.
Repeat ___ times. Do ___ sessions per day.
Routine For: Total Knee Arthroplasty (All)

Created By:

**CHART COPY**

**Routine For:**

**Total Knee Arthroplasty (All)**

**Created By:**

**Routine Description:**

**GAIT - 1 Toe Up**
- Gently rise up on toes, then roll back on heels.
- Repeat ___ times. Do ____ sessions per day.

**TOTAL HIP (ADVANCED) - 18 Standing Hip Extension**
- Bring leg back as far as possible. Use ____ lbs on ankle.
- Repeat with other leg.
- Repeat ___ times. Do ____ sessions per day.

**TOTAL HIP (ADVANCED) - 17 Standing Hip Abduction**
- Lift leg out to side, bring back to midline. Use ____ lbs on ankle.
- Repeat with other leg.
- Repeat ___ times. Do ____ sessions per day.

**KNEE - 12 Hamstring Strengthening**
- Holding support, lift ____ heel toward buttocks. Use ____ lbs on ankle.
- Hold ____ seconds.
- Repeat ___ times. Do ____ sessions per day.

**TOTAL KNEE - 14 Partial Knee Bend**
- Holding on to stable object, slightly bend knees and slowly straighten.
- Repeat ___ times. Do ____ sessions per day.

**GAIT - 9 Leg Stand**
- Stand on one leg for ____ seconds. Repeat on other leg.
- Repeat ___ times. Do ____ sessions per day.

**HIP - 10 "I love a Parade" Lift**
- Using a chair if necessary, march in place 4 times in each phase:
  1. Foot raised 6"
  2. 12"
  3. 18"
  4. As high as you can.
- Repeat ___ times. Do ____ sessions per day.

**TOTAL KNEE - 15 Terminal Knee Extension (Standing)**
- Facing anchor with knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.
- Repeat ___ times per set. Do ____ sets per session. Do ____ sessions per day.

**HIP / KNEE - 43 Stretching: Gastroc**
- Stand with ____ foot back, leg straight, forward leg bent. Keeping heel on floor, turn slightly out, lean into wall until stretch is felt in calf.
- Hold ____ seconds.
- Repeat ___ times per set. Do ____ sets per session. Do ____ sessions per day.

**COMMENTS:**

Patient Name/Number:
Clinician Name/Signature:
Date: