

Acute Post-Operative Knee Exercises

Flexion / Extension Wall Slides:

(10 - 15 minutes, 3 - 4 times per day)



- Place leg on wall, with uninjured leg supporting involved leg
- Slowly slide legs down wall until discomfort/stretch is felt in involved leg. Hold 5 seconds.
- If desired, place good leg on top of involved leg to provide overpressure.
- Be aware of any range of motion precautions set forth by your doctor.

Seated Flexion / Extension Active Assistive:

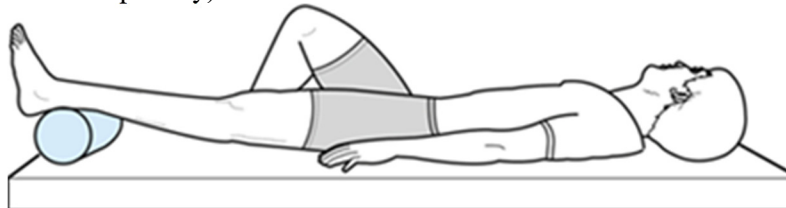
(10 - 15 minutes, 3 - 4 times per day)



- Using uninjured leg under involved leg, bend and straighten knee in pain-free range.
- Be aware of any range of motion precautions set forth by your doctor.

Passive Knee Extension:

(10 - 15 minutes, 3 - 4 times per day)



- While laying on your back, please place a towel roll under your heel and leg hang unsupported. A stretch should be felt behind knee. Only minimal discomfort should be felt.
- If more than minimal discomfort is felt or sharp pain/pinching across front of your knee is present, STOP!

If you have any questions about the exercises, please contact either of our offices and ask for:

New York Office: (212) 876-5200



Upright Stationary Bike with Seat Elevated:
(5 minutes, 3 - 4 times per day)



- Raise the seat as high as possible and gradually drop it as stiffness subsides.
- Pedal in at a controlled manner with no tension, allowing involved leg to complete a full revolution on bike as your uninvolved leg is producing most of the force.
- Be aware of any range of motion precautions set forth by your doctor.

If you have any questions about the exercises, please contact either of our offices and ask for:

New York Office: (212) 876-5200