



Range of Motion

EXERCISES	REPS AND SETS	SPECIAL NOTES
Supine Extension	<p>Hold each position for 3-5 min (or longer)</p> <p>RELAX</p> <p>Repeat 2x every hour</p>	<p><u>Supine Extension:</u> Begin immediately after surgery, and combine this with elevation. DO NOT stop working on supine extension until the Physician says so. This can be done for 20-30 min every hour during Week #1 post-op.</p> <p>Begin Prone Leg Hangs 2-3 days post-op if you can tolerate the position.</p> <p>* Continue all exercises until your first post-op appointment</p>
Seated Extension		
Prone Leg Hangs		
Seated Flexion	<p>Move into and hold the position for 10sec (or longer)</p> <p>Repeat 5x</p> <p>Repeat Flexion exercises 2x every hour</p>	<p>Begin these exercises 2-3 days after surgery.</p> <p>NOT ALL MOVEMENTS ARE NECESSARY ALL THE TIME. But you must begin the exercises according to physician instructions.</p> <p><u>Typically,</u> the soreness you feel with Flexion is a stretch... and you are not causing damage to your knee.</p>
Supine Flexion		
Heel Slides		

REMINDERS

1. Ice/Elevation: Ice 4-5x/day for 30min and keep the leg elevated as often as you can.
2. Ankle Pumps: 20-30 times per hour.

ROM EXERCISE DESCRIPTIONS

SUPINE EXTENSION and Extension



- Lie on your back with your heel propped on pillows or cushions.
- Relax your leg letting gravity take the knee down into a straightened position.
- Remove your heel after 3-5 minutes is necessary and relax a few minutes. But then repeat the process.
- Consider icing the knee at the same time... especially during the first week post-op

SEATED EXTENSION







- Sit or lie with your heel propped on a chair or table for 3-5 minutes. Relax and repeat.
- This position is expected to be used for many weeks after the surgery.

PRONE LEG HANGS



- Lie on your stomach on a bed or table
- Hang your leg off the table with your knee cap slightly off the edge.
- Relax and allow your leg to go into a straightened position for 3-5 minutes. Rest and repeat.

SEATED FLEXION	
	<ul style="list-style-type: none"> • Sit on the edge of a table or chair. • Place the foot of the un-affected in front of the foot of the affected side. • Gently push your foot backward as far as is tolerable. Hold for 10 seconds and repeat. • You can also assist this movement by pulling with your hamstrings slightly.
SUPINE LEG HANGS	
	<ul style="list-style-type: none"> • Begin on your back. • Grab the back of your thigh and allow your knee to bend... Relax and allow gravity and the weight of your lower leg to flex the knee for 10+ seconds. • Lower your foot to the table and rest then repeat.
HEEL SLIDES	
	<ul style="list-style-type: none"> • Lie on your back with no shoes on and with a straight. • Slowly slide your heel backward (bend your knee) as far as you can. Maintain this position for 10 seconds. • Reverse – slowly extend your knee straight, then repeat.
PATELLA MOBILIZATIONS	
	<ul style="list-style-type: none"> • Begin with you knee fully extended and your muscles relaxed. • Push your Patella (knee cap) side to side, up and down, and diagonally. • Spend 5 minutes, every hour, in order to keep the patella moving freely.