

## Exercise Program for TKA

### Resist knee bike recumbent



Sit in recumbent bike.  
Place feet on pedals.  
Begin to cycle.  
**Perform 0 sets of 10 Minutes, twice a day.**  
Hold exercise for 5 Seconds.

### Stretch knee flex sit w/towel



Sit.  
Bend involved knee and place foot flat as shown.  
Loop towel around ankle.  
Pull heel towards buttocks and hold.  
Relax and repeat.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
Use Towel.  
Hold exercise for 5 Seconds.  
Rest 10 Seconds between sets.

### Stretch hamstring unit long sitting



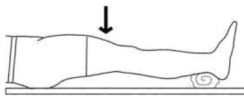
Sit on firm surface with one leg out in front.  
Slowly lean forward, trying to touch toes.  
**Perform 1 set of 10 Repetitions, twice a day**  
Hold exercise for 5 Seconds.

### Stretch knee flex supine at wall w/self



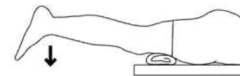
Lie on back, involved knee bent, foot on wall, as shown.  
Place ankle of uninvolved leg over other leg.  
Slowly press down, bending knee toward the floor.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
Hold exercise for 5 Seconds.  
Rest 10 Seconds between sets.

### Stretch knee ext. supine



Lie face up, ankle supported on towel roll.  
Relax leg and allow gravity to straighten leg.  
**Perform 3 sets of 10 minutes, twice a day.**  
Hold exercise for 5 Seconds.  
Rest 10 Seconds between sets.

### Stretch knee ext. prone



Lie face down, towel roll under thigh as shown.  
Relax leg and allow gravity to straighten leg.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
Hold exercise for 5 Seconds.  
Rest 10 Seconds between sets.