

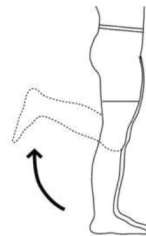
## Exercise Program for TKA

### AROM knee marching



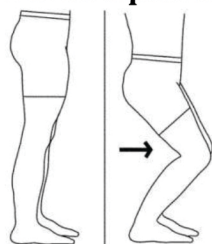
Stand with feet at shoulder distance apart.  
 Raise one knee up as high as possible and lower.  
 Raise other knee and lower.  
 Continue in a marching fashion, staying in place.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.

### AROM knee flex uni standing



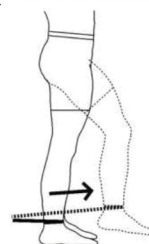
Stand; bend involved leg toward hip through full range.  
 Return to starting position.  
 Do not bend leg at hips.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Hold exercise for 5 Seconds.  
 Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.

### AROM knee squat bil full



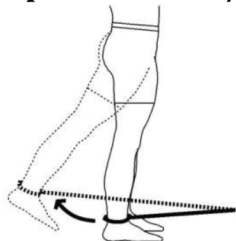
Stand with feet shoulder distance apart.  
 Slowly bend knees to 90 degrees.  
 Hold for 5 seconds and return to standing position. Repeat.  
**Special Instructions:**  
 Maintain proper low back posture.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Hold exercise for 5 Seconds.  
 Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.

### Resist hip flex stand w/elastic



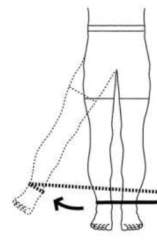
Attach elastic to secure object at ankle level.  
 Loop around ankle.  
 Stand, facing away from the pull.  
 Extend leg forward, keeping knee straight.  
 Return to start position.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Use Elastic.  
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.

### Resist hip ext. stand w/elastic



Attach elastic to secure object at ankle level.  
 Loop around ankle.  
 Stand, facing toward the pull.  
 Extend leg backward, keeping knee straight.  
 Return to start position.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Use Elastic.  
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.

### Resist hip abd uni stand w/elastic



Attach elastic to secure object at ankle level.  
 Stand with involved leg away as shown.  
 Keep knee straight, pull away, moving leg outward.  
 Return to start position.  
**Perform 3 sets of 10 Repetitions, twice a day.**  
 Use Elastic.  
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.  
 Perform 0 repetitions every 0 Seconds.