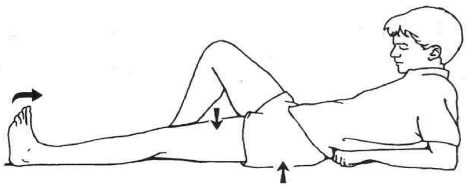
Lucas Rylander, MD
Orthopedic Surgery & Sports Medicine

Rehabilitation Exercises After Knee Surgery

1. Ankle pumps and Circles: Do this throughout the day to help the circulation in the lower leg.

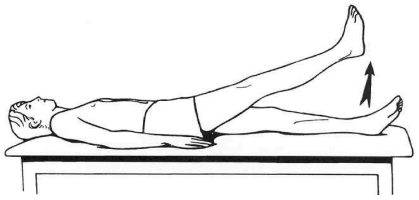


2. Quad Sets: Tighten the muscle on the front of your thigh, pressing the back of the knee into the bed. Hold for a count of ten and then relax. Begin 10 times each hour that you are awake.
   If you are not getting your knee completely straight, place a small towel roll under you heel to help stretch into extension with this exercises.

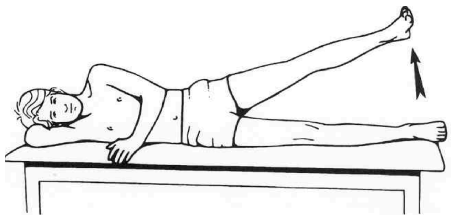


3. Hamstring Sets: Tighten the muscles on the back, of your thigh by pushing your heel into the bed as if bending the knee. Hold for a count of 5-10, then relax.

4. Leg Lifts:
   A. Back Lying: Do a quad set, raise your leg about two feet off of the bed. *Slowly* lower the leg. Keep the opposite hip and knee bent with the foot on the bed. Start with one set of ten repetitions, three to four times per day. Gradually increase in the first week to 50-100 leg lifts per day. ***Remember complete straightening of the knee is crucial.***

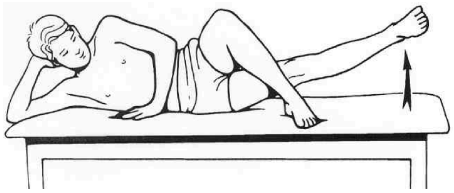


   B. Side Lying: Lying on the non-operated side with the pelvis rolled forward, raise the leg up and back. This is called abduction. Hold it for a count of 5-10 and then slowly lower the leg.

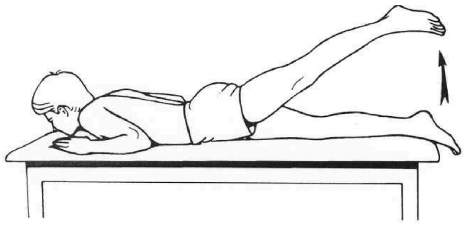


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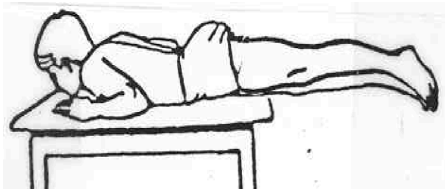
C. Side Lying: Lying on the operated side with the pelvis rolled forward, raise the leg up and back. This is called adduction. Hold it for a count of 5-10 and then slowly lower the leg.



D. Prone: Begin by lying on your stomach. Raise your leg 4-6 inches off the bed. Hold it for a count of 5-10 and then slowly lower the leg.



5. Prone Hangs: Lying on the bed on your stomach, scoot down the bed so that the edge of the bed is above your knee and the lower leg is freely hanging over the edge. Relax and allow the leg to hang so that the knee is stretched to a straight position. Do this for 10 minutes, 4 times a day. Eventually, this exercise will be done with a light ankle weight.



6. Knee motion exercises: On post op day #1 you may begin knee range of motion exercises. This is performed by removing the brace (if you have one), placing the non operated leg's foot under the lower calf/heel to hold the operated leg over the edge of a high chair or table in a sitting position. The non-operative leg is then used to ***gently*** lower the operated leg to bend the knee. The leg is then straightened using again the non-operative leg to do all the work. Repeat 50 times, 4-5 times a day.

