



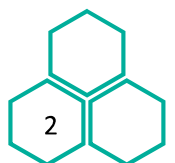
McKenzie
Health

TOTAL KNEE REPLACEMENT

Patient Guidebook

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Dr. Joshi has recommended a total knee replacement at this time. The orthopedic staff will get an updated phone number from you and you will receive a phone call within a few working days to schedule your surgery.

- You will also be asked to sign a release of information. Records from other facilities may need to be obtained in order to receive surgical clearance. This is also because your surgery may be at a different site where your office visit took place and all of these records are needed for continuity of care.
- Once surgery is scheduled, it will be submitted to your insurance company for prior authorization (this process can take up to 15 days for a response).
- The information in this booklet is a resource where you can find general information regarding your surgery and recommendations for pre and post-surgery. Please bring this book with you upon arriving at the hospital on the day of surgery as your orthopedic team may reference points in this book and specify certain areas to meet your needs. If you have more specific questions, please contact your orthopedic staff.

Pre-Operative Checklist

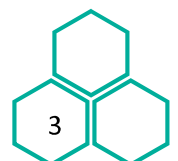
- Schedule any necessary pre-op appointments as directed by pre-op specialist.
 - Primary provider appointment:
 - Specialty provider appointment (if required):
 - Dr. Joshi pre-op appointment (if required):
 - Dentist appointment:
 - Physical therapy appointment:

Day before Surgery/Procedure

- Call 701-444-8744 at least **7 days** before your surgery to discuss if there are any financial obligations. If no answer, leave a message and you will receive a call back.
- The day before surgery, you will get a phone call from the pre-op specialist with specific details regarding when to arrive on the day of surgery, what medications to take, when to eat/drink last, and any other details for the surgery.

Day of Surgery/Procedure

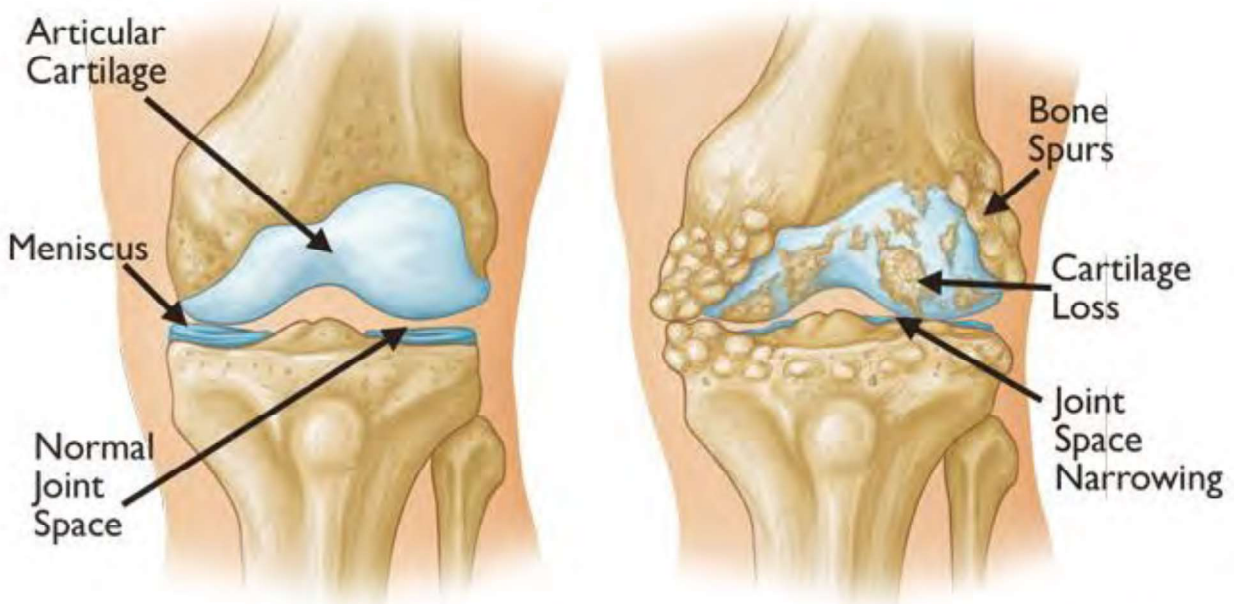
- Arrive at the designated time for which you are instructed to.
- Nothing to eat or drink from midnight the night before unless instructed otherwise.
- Take only the instructed medications with a sip of water.
- Shower the morning of or night before.
- Bring personal items that you need for your hospital stay.
- Bring your ID and insurance card.
- Do not bring valuables to the hospital.
- Wear comfortable, loose fitting clothing the day of surgery.
- No tobacco products can be used the morning of surgery.
- No makeup or fingernail polish to be worn the day of surgery.



Review of Anatomy

Knee Joint

The femur (thigh bone) meets the tibia/fibula (lower leg bones) to form the knee joint. The knee joint is comprised of ligaments that connect previously mentioned bones; they act as rubber bands to allow movement while also providing stability. There is cartilage between the bones that acts as a shock absorber with movement.



Common Causes for a Joint Replacement

There can be a number of reasons for a joint replacement. Below are some of the more common causes:

- Osteoarthritis, a degenerative joint disease. (Over time the synovial membrane lining wears away causing pain).
- Injury or trauma from a fall or accident involving the joint.
- Carrying excess body weight may cause more stress on the joint and wear away the lining and cartilage. This, in turn, may decrease mobility and lead to pain in the joints.
- Normal aging will cause wear and tear on the lining and cartilage in the joints.



Pre-Operative Checklist

Contact your Insurance Company

Your physician's office will work with your insurance company to pre-authorize your surgery. We do recommend contacting your insurance to better understand your benefits and to determine where you would like to go for outpatient therapy.

Pick a Coach

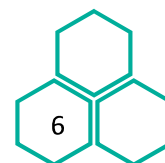
At MCHS, we recommend you choose a "coach" to help you succeed and progress toward your rehab goals. The purpose of a coach is to be present throughout your hospital stay to help with follow-through regarding rehab and to assist with needs at discharge. Sometimes you may not always remember information that you are told after surgery. Your coach will learn your exercises, surgery precautions, and adaptive equipment recommendations to help you succeed.

Nutrition

Adequate nutrition pre and post-surgery is very important to prepare your body for surgery and promote healing after surgery. Your physician will provide recommendations regarding your diet to ensure you are consuming the correct amount of calories from nutrient rich foods.

What to bring with you to the hospital:

- This knee replacement handbook.
- Completed medication list.
- Comfortable, loose fitting clothing, short sleeve shirts.
- Computer, tablet, books, deck of cards, etc.
- Supportive shoes.
- Personal hygiene items.
- Personal walker (if you have your own).



Prepare Your Home for Your Return After Surgery

After you have surgery, you may not have the mobility or feel up to rearranging your home in order to safely access your environment. We recommend making minor adjustments that are listed below, in order to decrease the risk of falls after surgery and improve independence with your daily living tasks.

Living Room/Kitchen/Bedroom

- Remove throw rugs.
- Store items such as dishes or food at waist level so they are easy to reach.
- Prepare extra meals and freeze them prior to surgery in order to have easier meal options upon returning home.
- Think about the chair you will use when you return home, making sure it is a good height to get in and out of. Your therapist will practice this activity with you prior to going home.
- Arrange furniture to ensure a walker can fit appropriately through pathways.
- Keep a phone with you at all times.
- Place a lamp near your bed or where you plan on sleeping.
- Install night lights along the route between the bathroom and bedroom.

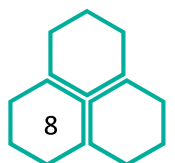
Bathroom

- Install grab-bars on the bathroom walls of the shower or bathtub, if you are able.
- Obtain a shower chair, as it will be recommended you sit when you bathe.
- If your toilet is not already a high-rise toilet, use a toilet riser over the toilet commode in order to make it easier for you to stand up from the toilet. Install grab-bars around your toilet.



Additional Tips Prior to Surgery

- Arrange for someone to get your mail while you are in the hospital.
- Arrange for someone to care for your pets.
- Complete laundry and have comfortable clothes ready to use at home.
- Prepare ice packs that will be ready to use at home. A frozen bag of peas works well.
 - Homemade Ice Pack
 - Fill the plastic freezer bag with 1 cup of rubbing alcohol and 2 cups of water.
 - Try to get as much air out of the freezer bag before sealing it shut.
 - Place the bag and its contents inside a second freezer bag to contain any leakage.
 - Leave the bag in the freezer for at least an hour.
 - When it's ready, place a towel between the gel pack and bare skin to avoid burning the skin.



Home Evaluation: Pro-Op Screening

How do you like to be addressed? _____

Date of Surgery: _____

Type of Surgery Total Hip Total Knee

Living Situation Today

1. Live: alone with family with spouse other

2. Live in a: house apartment mobile home

assisted living other

3. Home is: one level split level 2-story

apartment/elevator apartment/stairs

4. Number of steps in home: (the steps you will need to use at home after surgery)

(circle one)

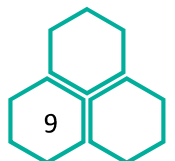
Front Steps # _____ Railing R L Both

Garage Steps # _____ Railing R L Both

Back Steps # _____ Railing R L Both

Upstairs # _____ Railing R L Both

Basement # _____ Railing R L Both



5. Bathroom has: tub only combination tub and shower

walk-in shower fixed shower head

removable shower head

Tub Height: _____ inches Toilet Height: _____ inches

Is there a bar/support/vanity near the toilet? Yes No

Is there a shower curtain or a shower door on the tub or shower?

curtain door

6. Equipment you currently have or can borrow:

bath bench/seat commode non skid bath mat

wall mounted grab bar tub grab bar handheld shower hose

elevated toilet seat reacher long shoe horn sock aid

crutches 4 wheeled walker walker cane walker basket

wheelchair elastic shoe laces long handled sponge none

7. Currently I walk:

alone with a walker with a cane with crutches

outdoors indoors only 0-6 blocks

more than 6 blocks

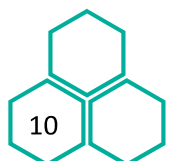
8. Bed is _____ inches from floor to top of mattress. I get out of bed on my:

right side left side

9. Will walker fit in home pre-op? yes no

10. I have the rugs picked up. yes no

11. Do you have a chair to use in the home after surgery? yes no



Home Management

After surgery who will do or assist with the following activities?

- | | | | |
|----------------------------|-------------------------------|---------------------------------|--|
| Cooking meals and clean up | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |
| Laundry | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |
| Shopping | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |
| Cleaning | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |
| Driving | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |
| Yardwork | <input type="checkbox"/> Self | <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend/Family |

Are you currently able to dress yourself, including socks and shoes?

yes no

Are you currently able to bathe or shower by yourself? yes no

I have had a previous joint replacement surgery. yes no

Total Hip Total Knee

Besides the joint I am scheduled to have surgery on, I have problems with my:

Other Knee Other Hip Shoulder(s) Hand(s)

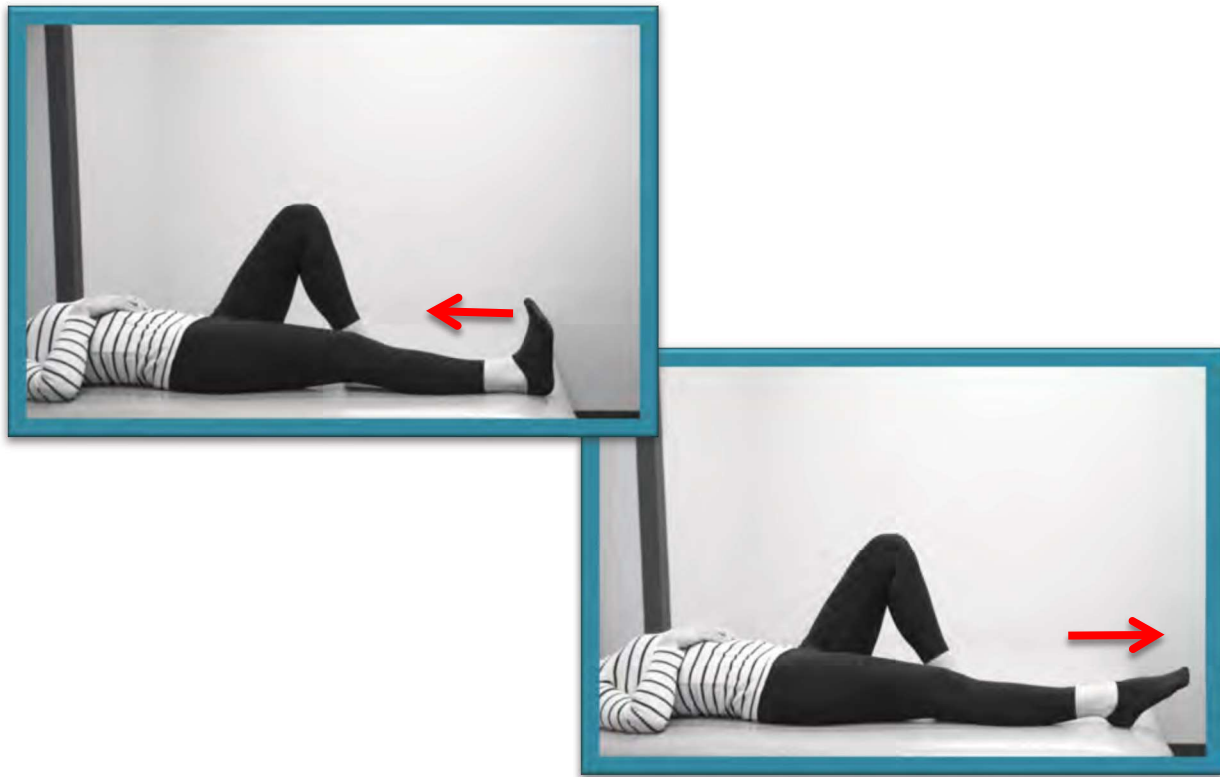
Please provide any additional information you feel we may need to know to best help you with your recovery. _____

Pre-Operative Exercises

Prior to having your surgery, it is important to strengthen your joints. They may have become weaker due to disuse and arthritis. Completing these exercises will help strengthen your joints and also prepare you for the type of exercises you will be completing after surgery. These exercises should be completed once a day, 3 sets of 10 repetitions. Stop doing any of the exercises that become too painful.

Ankle Pumps

- Move your toes toward you and then push them away.

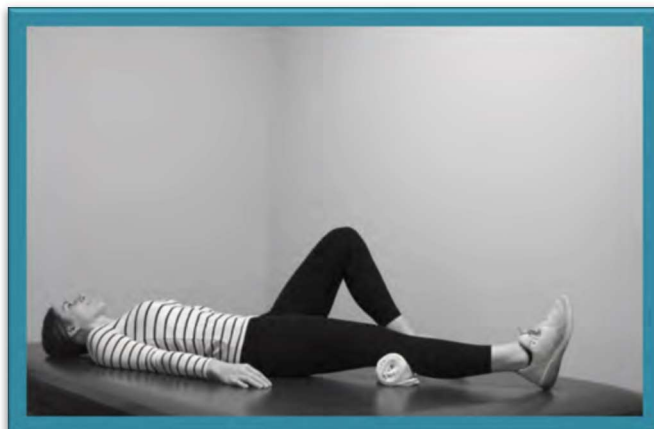


Quad Sets

- Tighten your thigh muscles.
- Try to full straighten your knee and push into the pillow, try to touch the back of your knee to the bed.
- Hold your knee as straight as you can for 5 seconds.



You may also use a rolled up towel to complete this exercise:



Glute Sets

- Squeeze your buttocks together and hold for 5 seconds, do not move any other part of your body.



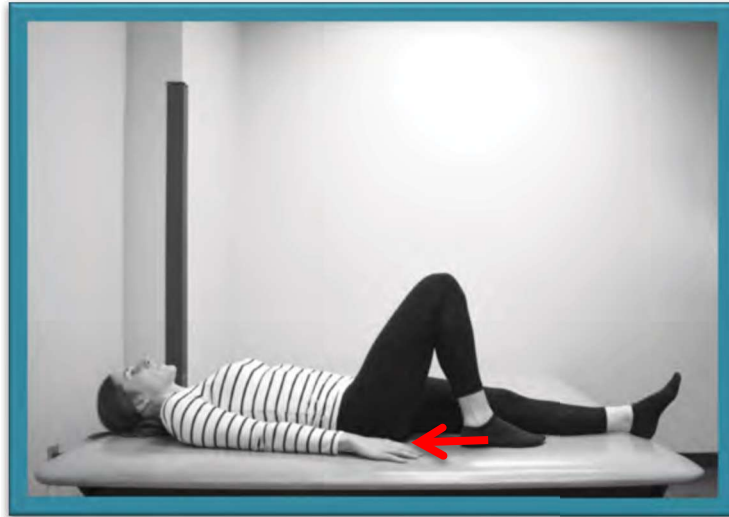
Sitting Long Arc Quad Extension

- Sitting on the edge of the bed, slowly straighten your leg.



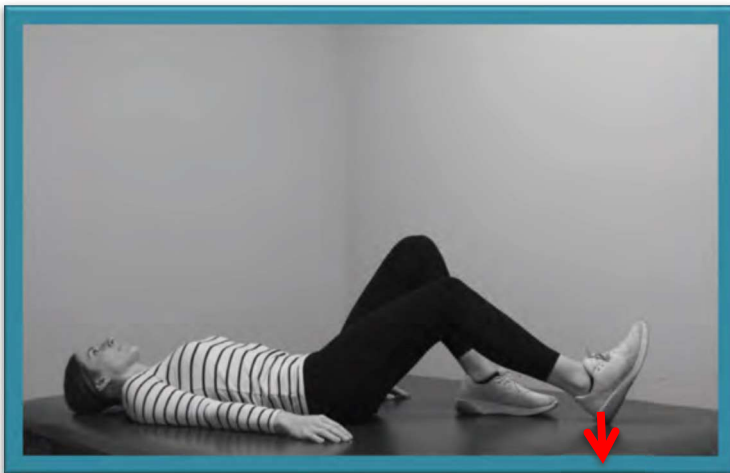
Heel Slides

- Bend your knee and pull your heel toward your buttocks.



Hamstring Sets

- Lie on your back with leg bent slightly at knee.
- Push heel into bed by tightening the muscles of your hamstring.



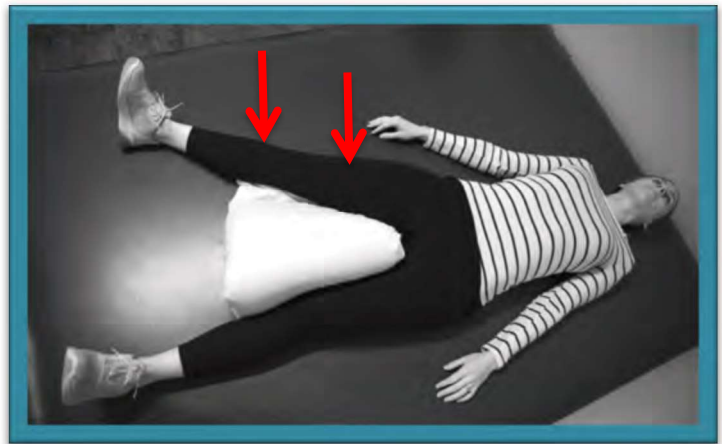
Straight leg raises

- Keeping leg straight, slowly lift leg at least 45 degrees.
- Hold for a count of 5 and slowly lower to starting position.



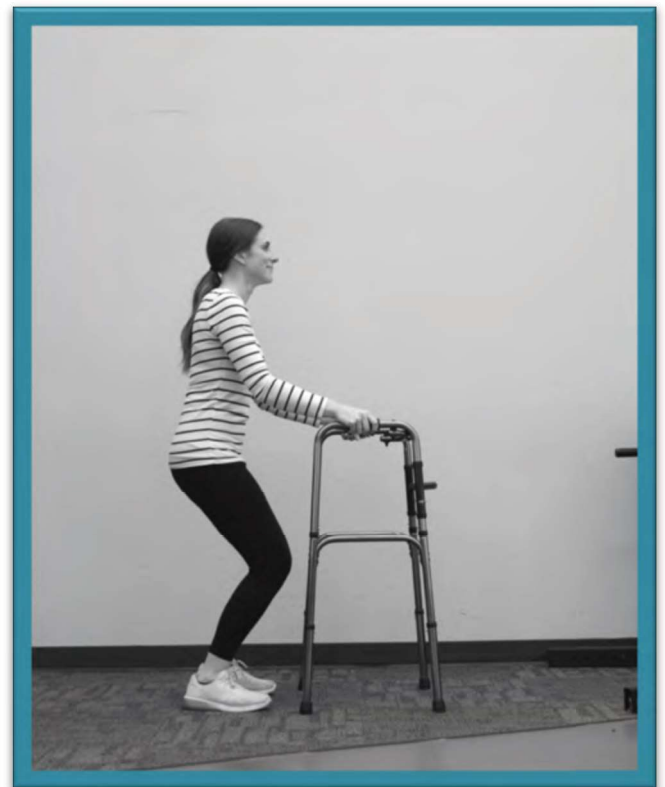
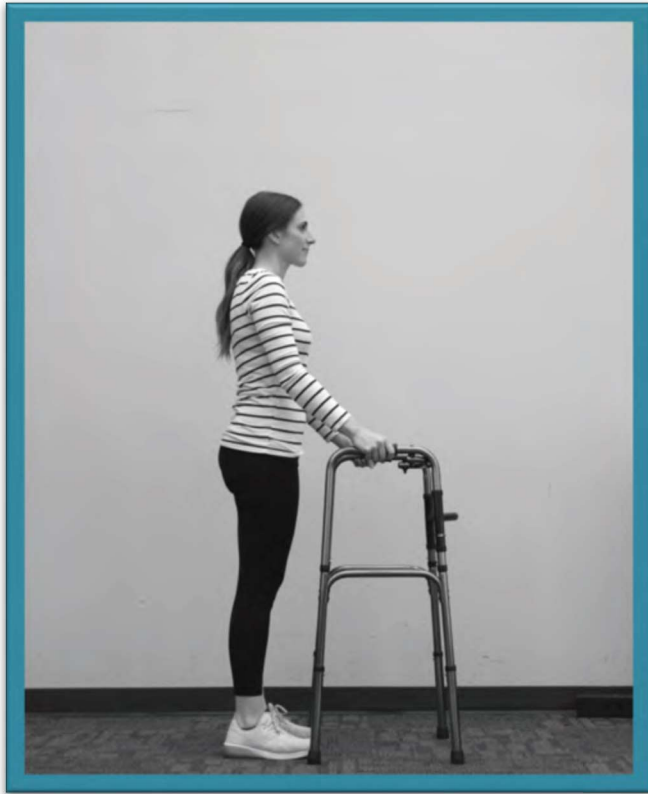
Hip Abduction/Adduction

- Lie on your back with legs straight.
- Slowly slide your leg out to the side, keeping your toes pointed up.
- Then slide your leg back to the middle.



Hip Semi-Squats

- Stand in walker OR at countertop. Bend at the knees and the waist.
- Slowly lower yourself $\frac{1}{4}$ to $\frac{1}{2}$ way down like you're trying to sit down in a chair.



Hip Standing Abduction/Adduction

- While standing in walker OR at countertop, keep leg straight and raise it to the side.



Medication List and Dosages/Anticoagulation Therapy

- Continue with all current medications unless otherwise specified by the orthopedic specialist.
- Post-operative anticoagulation therapy guidelines will be individually-based on each patient's medical stay, co-morbidities, and risk factors.

Day of Surgery

You will work with your therapists the day of surgery!

Early movement is very important in your rehab process. This relies heavily on you, the patient. The hospital staff will assist you with this, but ultimately your motivation and drive to participate will guide your success.

The goals for rehabilitation while you are in the hospital are simple:

- Be independent with your total joint replacement precautions.
- Get in and out of bed safely with minimal to no assistance.
- Go to the restroom by yourself.
- Walk safely with a walker.
- Dress yourself with minimal assistance.
- Go and up and down stairs with minimal assistance.
- Ensure you are prepared for a safe discharge to your home environment, and you have obtained the necessary adaptive equipment.

Post-Operative Exercises

Day 0

Your goal is to perform 20 repetitions of all the exercises listed below. In addition, you should perform 10 repetitions of the quad sets, hamstring sets, and ankle pumps every hour:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion

Rehabilitation After Surgery

Day 1

Your goal is to perform 30 repetitions of all the exercises listed below:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion
- Sitting Hip Flexion

Day 2

Your goal is to perform 40 repetitions of all the exercises listed below:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion
- Sitting Hip Flexion

Incentive Spirometer

After surgery, while in the hospital, you tend to take decreased breaths and are more likely to be laying flat than sitting upright. Because of this, it is very important to use your incentive spirometer that will be provided to you to complete deep breathing exercises. Your respiratory therapist or nurse will provide education on the use of the incentive spirometer. You should use the incentive spirometer on your own to assist in your recovery.

1. The pointer will be set up by your respiratory therapist for the appropriate volume.
2. Hold the spirometer upright.
3. Breathe out normally. Place your lips tightly around the mouthpiece.
4. Breathe in through your mouth slowly until the piston reaches the pointer.
5. Hold your breath for 3 seconds.
6. Remove the mouthpiece and breathe out through your nose.
7. Repeat steps 2-6, 15 times.

****Remember to cough when have finished all of your breaths.**

Tips for Spirometer Use

- You cannot hurt yourself if you use your spirometer as often as every hour.
- Your physician has ordered the spirometer to help prevent pneumonia.
- ALWAYS sit upright to use your spirometer to allow for maximum expansion of the diaphragm (your breathing muscle).

Additional Tips For a Total Knee Replacement

- **Never** place a pillow or bag of ice directly under your surgical knee. This allows the knee to remain flexed, which can lead to increased stiffness.
- Unless otherwise instructed by your surgeon, you are able to bear weight through your surgical leg as you can tolerate. This is encouraged when walking and standing in order to prevent stiffness and improve healing. Try to avoid “hopping” on your non-surgical leg when ambulating.

Frequently Asked Questions/Additional Things to Remember

How long will I be in the hospital after my surgery?

Every patient is different, but on average, usually 1-3 days.

How long will it be before I can return to my normal activities?

This depends on several factors including, but not limited to, your medical history, age, and compliance with the rehab process. On average, it could take 2 to 3 months before you resume normal activities.

Will I need special equipment at home?

The therapy team and our discharge planner will work with you and your family to locate any adaptive equipment that is needed after your discharge from the hospital. The most common equipment required is a raised toilet seat, walker, and a reacher.

When can I drive?

Every patient is different; it is recommended that you discuss this with your surgeon.

Additional Things to Remember

If going to the dentist or having a medical procedure performed:

When undergoing dental procedures, other than routine examination or cleaning, it is recommended you have an antibiotic prior to the dental procedure. Be sure to tell your dentist about your joint procedure so they can proceed per their protocol. Antibiotics are required for any type of dental extractions, root canals, or anything where there is a break in the surface of the skin.

*** Antibiotics should also be taken for colonoscopies and any other major or minor procedures.**

Discharge Planning

Our discharge planners are here to coordinate and assist with you and your family regarding any questions that may arise. They will work closely with you to ensure a safe and smooth discharge plan.

Following a successful total hip replacement, our goal is for you to be discharged from the hospital to your home in 1-3 days after surgery. Prior to your surgery date, it is very important to make arrangements for someone to be able to stay with you to help you with tasks such as meal prep and bathing. This may be your “coach” that we discussed earlier. It is important to plan for this person to be with you until you feel safe and comfortable to complete daily tasks safely.

Discharging Directly to Home

Arrangements must be made for someone to drive you home upon discharge. You will need to contact an outpatient physical therapist to set up therapy appointments. You may start out seeing your therapist 2 times a week. It will be important to have someone available to take you to these appointments.

Discharging to a Facility

The decision to go to a facility, such as a skilled nursing home, is made by you, your surgeon, and your insurance provider. If it is determined that going to a facility is the best option for you, pending insurance approval, you will be discharged to a skilled nursing home for continued rehabilitation and nursing care. Our discharge planners will work closely with you to determine the best option, depending on where you live.

Total Knee Post-Operative Exercises

These exercises are what you will be completing to help in your recovery. Your physical therapist will provide instruction and answer any questions. The record-keeper and pictures will assist in your accountability to complete the exercises as instructed.

Week One

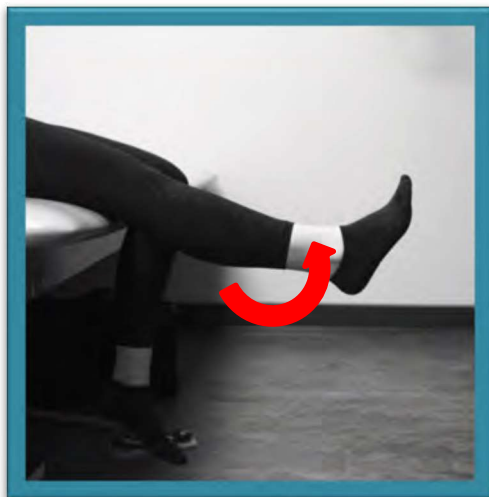
Date:

Exercises:

(record reps AM/PM)

Long Arc Quad

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Place ____ pound weight on surgical ankle and straighten knee fully. Pause and lower slowly.

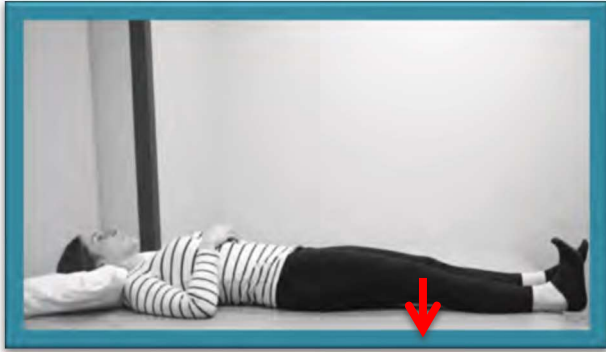
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Quad Sets

/ / / / / / /



Lie on your back with affected leg straight. Press the back of your affected knee downward by tightening the thigh muscle. Hold 5 seconds.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Short Arc Quads

/ / / / / / /



Lie on your back with roll under your affected leg. Raise heel off of bed until knee is straight. Pause and slowly lower.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Towel Calf Stretch

/ / / / / / /



Sit with the knee straight and towel looped around surgical foot. Gently pull on towel until stretch is felt in calf. Hold for 30 seconds. Complete 2-3 reps.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise

/ / / / / / /



Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hip Adduction Isometric

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Lying on your back, place a ball or folded pillow between knees, squeeze knees together. Hold for 5 seconds.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Wall Slides

/	/	/	/	/	/	/
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Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Heel Prop

/ / / / / / /



Place the heel on a rolled towel (or foam roller) making sure the heel is propped high enough to lift the thigh off the table. Allow the leg to relax into extension.

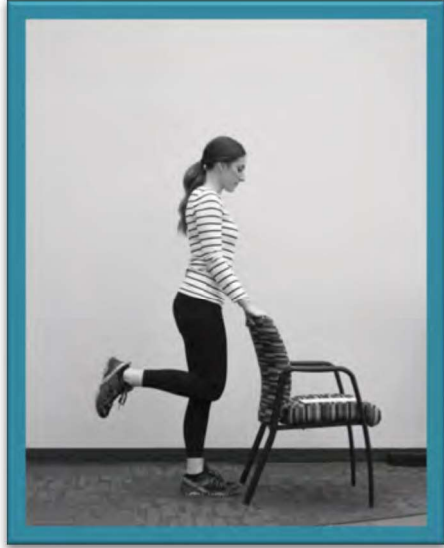
Complete up to 10 min or as tolerated.

Exercise Feedback:

Week 2

Hamstring Curl

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Place _____ pound weight around the surgical ankle. Hold a sturdy chair or countertop for balance, slowly bend knee up. Pause and return slowly.

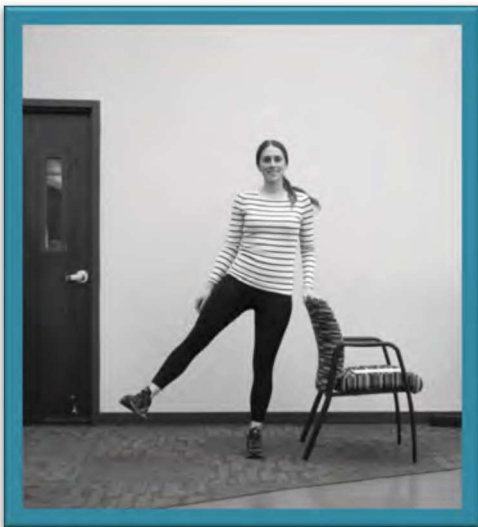
Perform: 10, 15, 20, 25, 30

PT circle one)

Exercise Feedback:

Standing Hip Abduction

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Hold a sturdy chair or countertop for balance, keep legs shoulder width apart and toes pointed forward. Kick leg out to the side, keeping knee straight. Do not lean. Repeat using other leg.

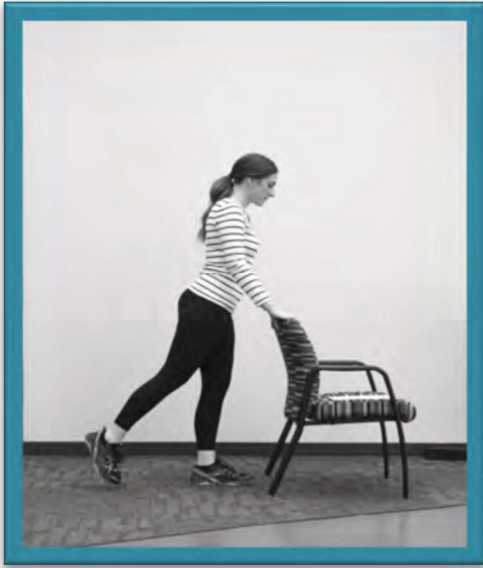
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback

Standing Hip Extension

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Hold a sturdy chair or countertop for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward. Repeat using other leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Mini Squat

/	/	/	/	/	/	/
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Holding onto sturdy surface, such as countertop or heavy chair, slowly bend your knees then return to standing position.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Wall Slides

/ / / / / / /



Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Heel Prop

/ / / / / / /



Place the heel on a rolled towel (or foam roller) making sure the heel is propped high enough to lift the thigh off the table. Allow the leg to relax into extension.

Complete up to 10 min or as tolerated.

Exercise Feedback:

Straight Leg Raise

/ / / / / / /



Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Week 3

Wall Slides

/ / / / / / /



Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Heel Prop

/ / / / / / /



Place the heel on a rolled towel (or foam roller) making sure the heel is propped high enough to lift the thigh off the table. Allow the leg to relax into extension.

Complete up to 10 min or as tolerated.

Exercise Feedback:

Straight Leg Raise

/	/	/	/	/	/	/
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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

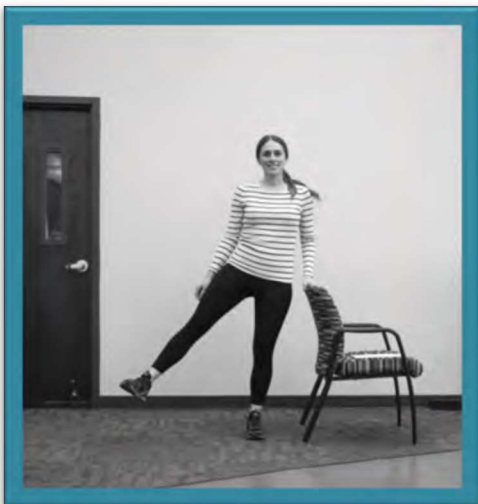
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Abduction

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Hold a sturdy chair or countertop for balance, keep legs shoulder width apart and toes pointed forward. Kick leg out to the side, keeping knee straight. Do not lean. Repeat using other leg.

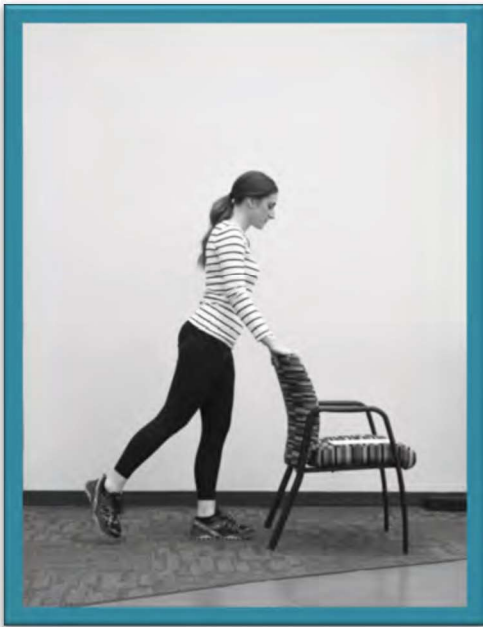
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Extension

/	/	/	/	/	/	/
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Hold a sturdy chair or countertop for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward. Repeat using other leg.

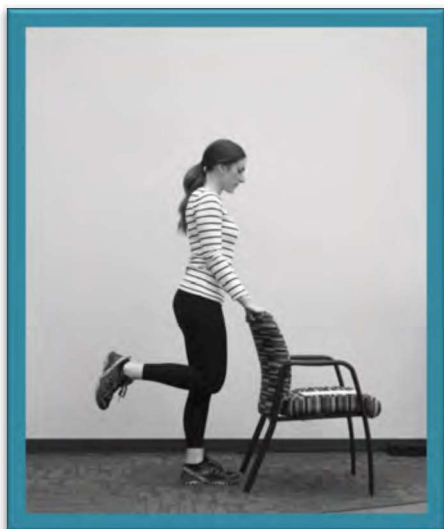
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hamstring Curl

/	/	/	/	/	/	/
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Place _____ pound weight around the surgical ankle. Hold a sturdy chair or countertop for balance, slowly bend knee up. Pause and return slowly.

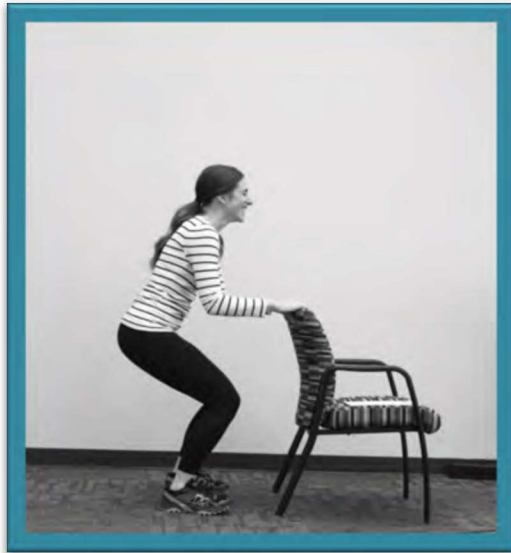
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Mini Squat

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Holding onto sturdy surface, such as countertop or heavy chair, slowly bend your knees then return to standing position.

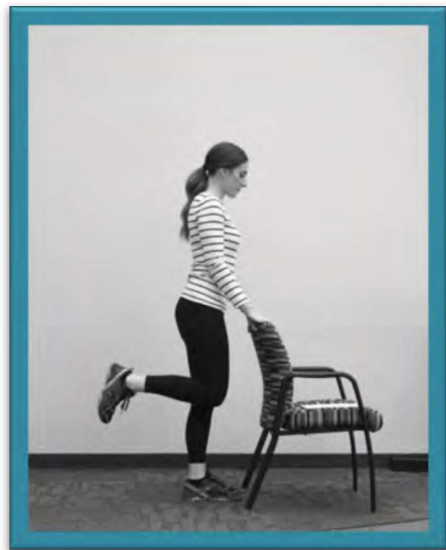
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance with Support

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Hold sturdy chair or countertop for support. Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30

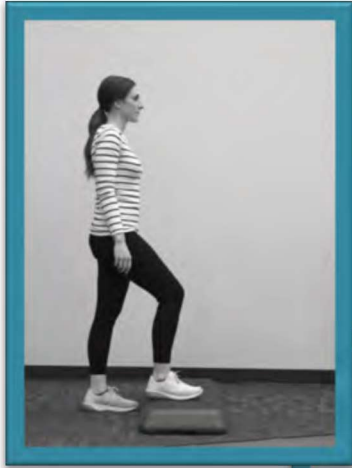
(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (2-4")

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Step up with surgical leg, then the other.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Sit to Stands

/	/	/	/	/	/	/
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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Side-Lying Hip Abduction

/ / / / / / /



Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Week 4

Wall Slides

/ / / / / / /



Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Sit to Stands

/ / / / / / /

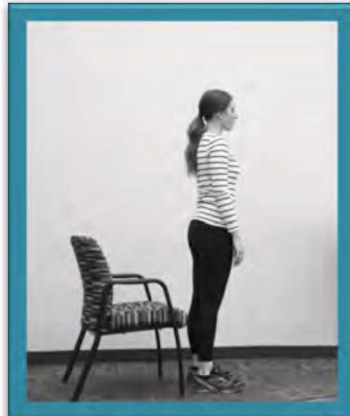


(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
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Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Heel Prop

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Place the heel on a rolled towel (or foam roller) making sure the heel is propped high enough to lift the thigh off the table. Allow the leg to relax into extension.

Complete up to 10 min or as tolerated.

Exercise Feedback:

Straight Leg Raise	/	/	/	/	/	/	/
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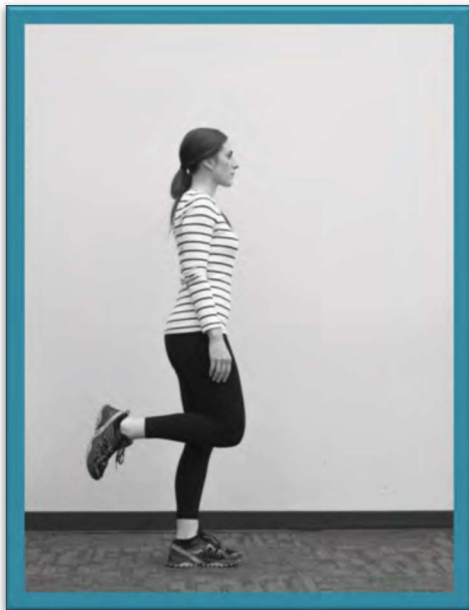
Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support	/	/	/	/	/	/	/
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Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30

(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (4-6")

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Step up with surgical leg, then the other.

Perform: 10, 15, 20, 25, 30

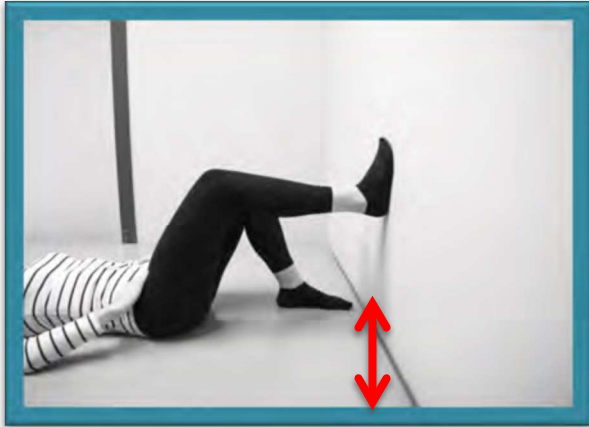
(PT circle one)



Exercise Feedback:

Week 5

Wall Slides	/	/	/	/	/	/	/
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Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Sit to Stands	/	/	/	/	/	/	/
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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
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Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Prone Hang or Heel Prop

/	/	/	/	/	/	/
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With thigh supported and knee cap off of bed, place _____ pound weight on affected ankle. Hold up to 10 minutes or as tolerated.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise

/	/	/	/	/	/	/
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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

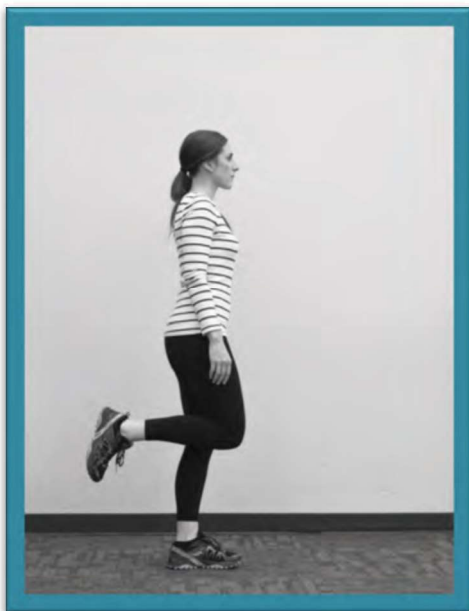
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support

/	/	/	/	/	/	/
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Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30 (PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (6-8")

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Step up with surgical leg, then the other.

Perform: 10, 15, 20, 25, 30

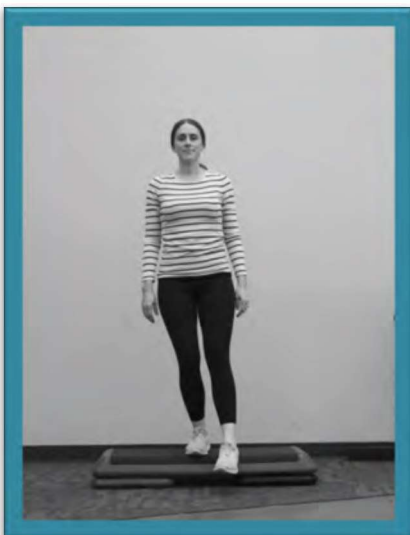
(PT circle one)

Exercise Feedback:



Step Down (4-6")

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Step down with non-surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Lateral Step (4-6")

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Step up with surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

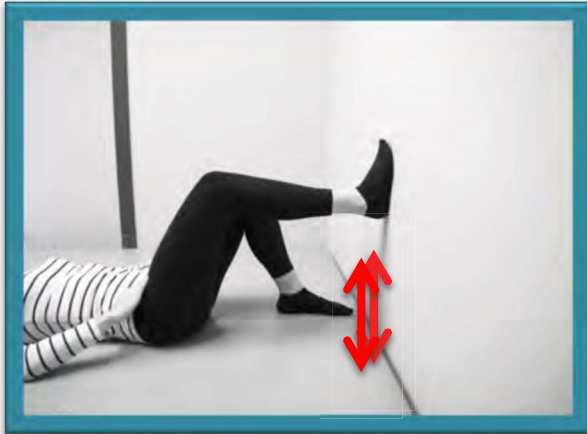


Exercise Feedback:

Week 6

Wall Slides

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Lie flat on back, place surgical leg on wall and allow foot to slide down the wall.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Sit to Stands

/	/	/	/	/	/	/
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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Side-Lying Hip Abduction	/	/	/	/	/	/	/
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Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Prone Hang or Heel Prop	/	/	/	/	/	/	/
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With thigh supported and knee cap off of bed, place _____ pound weight on affected ankle. Hold up to 10 minutes or as tolerated.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise

/	/	/	/	/	/	/
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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

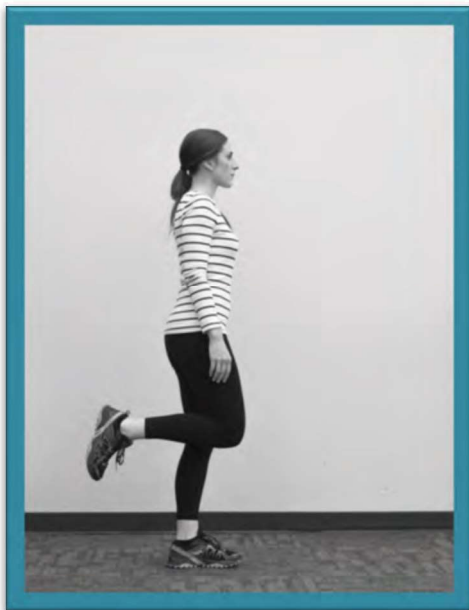
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support

/	/	/	/	/	/	/
---	---	---	---	---	---	---



Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30

(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (6-8")

/	/	/	/	/	/	/
---	---	---	---	---	---	---



Step up with surgical leg, then the other.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Step Up (6-8")

/	/	/	/	/	/	/
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Step down with non-surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Lateral Step (6-8")

/

/

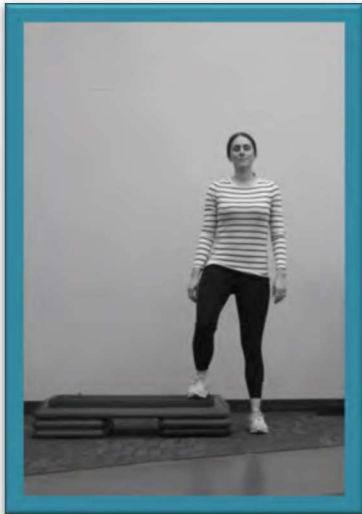
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Step up with surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:



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