

## Greater Hartford Orthopedic Group, P.C.

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### Post-operative Knee Exercises

Following knee surgery, it is important to restore knee mobility and strength. The following are exercises that can be done within the first week of surgery while you are recovering. In general, formal physical therapy is not necessary unless otherwise indicated by Dr. Kimmel.

#### Hamstring Contraction

No movement should occur in this exercise. Lie or sit with your knees bent to about 10 degrees. Pull your heel into the floor, tightening the muscles on the back of your thigh as demonstrated below:



Hold for 5 seconds, then relax. Repeat 10 times. Do 3 sessions daily.

#### Quadriceps Contraction

Lie on your stomach with a towel roll under the ankle of your operated knee. Push ankle down into the towel roll. Your leg should straighten as much as possible:



Hold for 5 seconds. Relax. Repeat 10 times. Do 3 sessions daily.

### **Buttocks Tuck**

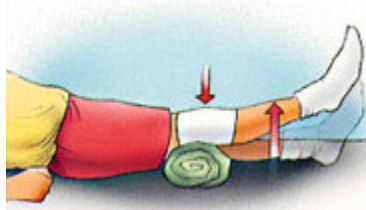
While lying down on your back, tighten your buttock muscles.



Hold tightly for 5 seconds. Repeat 10 times. Do 3 sessions daily.

### **Terminal Knee Extension**

Lie on your back with a towel roll under your knee. Straighten your knee (still supported by the roll) and hold for 5 seconds as demonstrated below:



Slowly return to the starting position. Repeat 10 times. Do 3 sessions daily.

### **Quadriceps Stretch**

Standing with the involved knee bent, gently pull heel towards buttocks. You may place the other hand on the wall for support as shown below:



You should feel a stretch in the front of your leg. Hold this position for 5 seconds. Repeat 10 times. Do 3 sessions daily.

## Hamstring Stretch

Lie on your back. Bend your hip, grasping your thigh just above the knee. Slowly straighten your knee until you feel a slight pull behind your knee as demonstrated below:



Hold for 5 seconds and then relax. If you do not feel a stretch, bend your hip a little more, and repeat. Try not to bounce. Maintain a steady, prolonged stretch for the maximum benefit. Repeat 10 times. Do 3 sessions daily. Repeat with the other leg.

## Hamstring Stretch at Wall

Lie next to a doorway with one leg extended. Place your heel against the wall. The closer you are to the wall, the more intense the stretch. With your knee bent, move your hips toward the wall. Now begin to straighten your knee as shown below:



When you feel a pull behind your knee, hold for 5 seconds then relax. Repeat 10 times. Do 3 sessions daily. Repeat with the other leg.

## Straight Leg Raises

Lie on your back, with the uninjured knee bent. Straighten your other knee. Now, slowly raise your leg until your foot is about 12 inches from the floor. Hold in this position for 5 seconds. Slowly lower your leg to the floor and relax.



Repeat 10 times. Do 5 sessions daily.

**Advanced:** If this exercise is easy for you, you can add weight. Before starting, add weights to your ankle, starting with 1 pound and building up to a maximum of 5 pounds.