

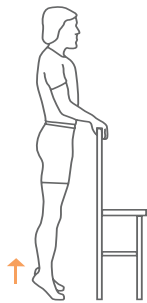
TOTAL KNEE REPLACEMENT

Standing Exercises

These exercises are more challenging and should only be performed when instructed by your physical therapist. All standing exercises should be performed while holding onto a stable surface, like a kitchen counter.

EXERCISE 1 | Heel Raises

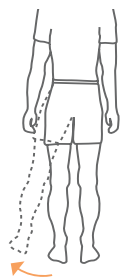
To improve the strength of your calf muscles.



- Keep your weight evenly distributed between both legs.
- Gently rise up onto your toes by lifting your heels off the ground.
- Keep your buttock muscles tight.
- Keep your knees straight throughout.
- Slowly lower your heels back down to the floor.
- Repeat 10x.

EXERCISE 2 | Side Kicks

To improve the strength of your hip abductor muscles (outer hip).

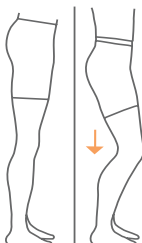


- Stand tall on your left leg.
- Slowly raise your right leg out to the side, keeping your toes facing forward.
- Return to the starting position and repeat 10x.

NOTE: Do not alternate legs; complete all 10x on the right before switching to the left.

EXERCISE 3 | Mini Squats

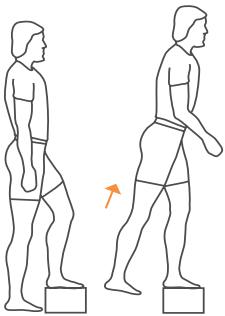
To improve strength and flexibility of your hip and knee muscles.



- “Unlock your knees” and gently bend your hips and knees.
- Pretend you are sitting 1/4 of the way down into an imaginary chair, then return to standing.
- Repeat 10x.

EXERCISE 4**Step Ups**

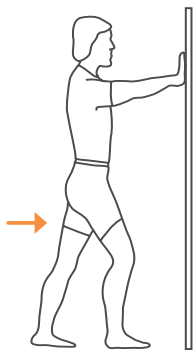
To improve the strength of your hip and knee muscles.



- Holding onto your railing, place your right foot on the 1st step.
- Slowly raise your left foot up to the level of the step, pressing through your right heel and tightening your buttocks.
- Keeping your right foot on the step, slowly lower your left foot back to the floor.
- Repeat 10x, then switch legs.

EXERCISE 5**Standing Calf Stretch**

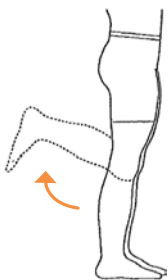
To improve the flexibility of your calf muscles.



- Step back with the leg you intend to stretch.
- Place the heel on the floor and keep your toes facing forward.
- Gently lean forward, keeping your back knee straight until you feel your calf stretch. Hold 10 seconds.
- Repeat 3x each leg.

EXERCISE 6**Hamstring Curls**

To improve the strength of your hamstring muscles.



- Stand tall on your left leg.
- Bend your right knee to bring your right heel towards your buttocks.
- Return to the starting position.
- Repeat 10x, then switch legs.

EXERCISE 7**Standing Marching**

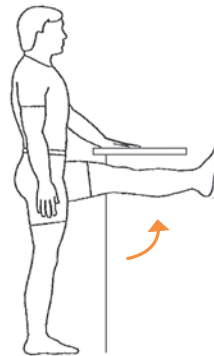
To improve the strength of your hip flexors.



- Stand tall on your left leg.
- Lift your right knee towards the ceiling like you are marching.
- Slowly lower your right leg to the starting position.
- Repeat 10x, then switch legs.

EXERCISE 8**Standing Straight Leg Raise**

To improve the strength of your hip flexors.



- Stand tall on your left leg.
- Lift the right leg as high as possible keeping your knee straight.
- Slowly lower your right leg to the starting position.
- Repeat 10x, then switch legs.

EXERCISE 9**Walk, Walk, Walk!**

Walking is an excellent way to keep your new knees flexible, strengthen your muscles, and improve your endurance!



Remember these hints:

- Always use the assistive device recommended by your therapist.
- Stand and walk tall!
- Use a heel-toe pattern.



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