Exercises For Total Knee Replacement



PATIENT NAME DATE

Exercise 1 — Terminal Knee Extension

Description: Secure TheraBand® CLX™ and Door Anchor in door. Loop CLX™ around knee. Slowly bend knee maintaining control and return to full knee extension.

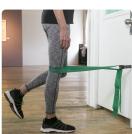
Progression 1: Lift opposite leg, progressing from toe touch to full single leg stance while continuing the movement.

Progression 2: Place a TheraBand® Stability Trainer under stance leg and continue movement.

#SETS #REPS









Exercise 2 — Resisted Swing Phase





Description: Loop TheraBand[®] CLX[™] around each ankle, leaving one loop between. Plant one leg while stepping forward and backward with opposite leg. Switch sides when complete.

#SETS_____ #REPS__

Exercise 3 — Monster Walk with Pivot





Description: Loop TheraBand® CLX™ around knees. Slightly bend knees and hips. Secure ends of CLX™ in each hand. Take three steps to the side while maintaining a straight back. Return to starting position and repeat.

Progression: Plant one leg and pivot 90°, opening the hips. Return to starting position. Repeat in the opposite direction.

#SETS_____#REPS____

Exercise 4 — Clamshells





Description: Lie on side with TheraBand® CLX™ loops around each knee. Keep knees bent with feet together. Lift top knee up toward the ceiling while trying not to rotate trunk of body. Lower top knee back to starting position and repeat. Switch sides when complete.

#SETS____#REPS_

Exercise 5 — Bridge with Hip Abduction





Description: Lay on back with TheraBand[®] CLX[™] loops around each knee. Keep knees bent with feet flat. Lift bottom off surface while pushing knees outward against the elastic resistance. Hold and slowly return to starting position.

#SETS_____ #REPS__



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Warning: Any resistance product can break or slip from its anchoring point during use if not properly secured. Proper stance and grip are required to safely use resistance bands and avoid loss of balance or injury in the event of breakage or slippage. Wearing eye protection is strongly recommended.

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