

KNEE REPLACEMENT RECOVERY

Post-Operative Exercise Daily Log

Patient Name: _____

Date / Week: _____

Exercise	Instructions	Frequency	Completed
Ankle Pumps	Flex your foot up and down. Repeat often to prevent blood clots.	20 reps / hr	
Quad Sets	Tighten thigh muscle, pushing back of knee into bed. Hold 5s.	10 reps / 3x day	
Gluteal Sets	Squeeze buttocks muscles together. Hold for 5 seconds.	10 reps / 3x day	
Heel Slides	Slide heel toward buttocks, bending knee. Keep heel on bed.	10 reps / 3x day	
Short Arc Quads	Place rolled towel under knee. Lift heel to straighten leg.	10 reps / 3x day	
Seated Knee Flexion	Sit in chair, slide foot back as far as possible. Hold 5s.	10 reps / 3x day	

Notes:

Consult your physical therapist before increasing repetitions or weight.