

KNEE REHABILITATION CHART

Phase: Post-Op / Strengthening

Name: _____

Date: _____

EXERCISE & INSTRUCTIONS	SETS / REPS	HOLD	MTWTFSS
Quad Sets Tighten thigh muscle, pushing back of knee into floor.	3 Sets of 10	5 Seconds	
Straight Leg Raises Keep leg straight, lift 6-10 inches off surface.	2 Sets of 15	2 Seconds	
Heel Slides Slowly slide heel toward buttocks, then return.	3 Sets of 10	--	
Short Arc Quads Place towel roll under knee, lift foot to straighten leg.	2 Sets of 10	3 Seconds	
Wall Squats Lean against wall, slide down to 45 degree angle.	3 Sets of 8	5 Seconds	

Special Instructions:

Ice for 15 minutes after each session. If sharp pain occurs, stop exercise immediately and contact your physical therapist.