

## TOTAL KNEE EXERCISE SCHEDULE



The American Association of Hip and Knee Surgeons (AAHKS) have outlined a home exercise program for you after your knee replacement. This handout accompanies our patient exercise videos that you can find at (<https://hipknee.aahks.org>). Exercises will focus on Stretching, Strengthening, Endurance, and Balance. The knee rehabilitation program is broken down into **3 PHASES: Weeks 1-3, Weeks 4-6, Weeks 7-12.**



### PHASE 1: Weeks 1 – 3

|                  |  |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|--|--------|-----|-----|------|-----|-------|-----|-----|
| <b>STRETCHES</b> | <b>Hamstring Stretch</b><br>3 sets: 1 rep      | Week 1 |     |     |      |     |       |     |     |
|                  |  | Week 2 |     |     |      |     |       |     |     |
|                  |  | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Calf Stretch Heel Cord</b><br>3 sets: 1 rep | Week 1 |     |     |      |     |       |     |     |
|                  |  | Week 2 |     |     |      |     |       |     |     |
|                  |  | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Secondary Calf Stretch</b><br>3 sets: 1 rep | Week 1 |     |     |      |     |       |     |     |
|                  |  | Week 2 |     |     |      |     |       |     |     |
|                  |  | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Seated Quad Stretch</b><br>3 sets : 3 reps  | Week 1 |     |     |      |     |       |     |     |
|                  |  | Week 2 |     |     |      |     |       |     |     |
|                  |  | Week 3 |     |     |      |     |       |     |     |

#### DISCLAIMER

**PLEASE USE THE EXERCISES AS A GUIDE AS IT IS ULTIMATELY BETWEEN YOU AND YOUR SURGEON TO DECIDE WHICH THERAPY SETTING IS RIGHT FOR YOUR KNEE REPLACEMENT RECOVERY. YOUR SURGEON MAY RECOMMEND ALTERATIONS TO THIS ROUTINE. IF YOU EXPERIENCE ANY ABNORMAL DISCOMFORT, DIZZINESS, OR FEELINGS OF PASSING OUT, PLEASE STOP EXERCISING AND CONTACT YOUR PHYSICIAN AS SOON AS POSSIBLE.**

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|                  |   |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|---|--------|-----|-----|------|-----|-------|-----|-----|
| <b>EXERCISES</b> | <b>Glute Sets</b><br>3 sets: 10 reps      | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Ankle Pumps</b><br>3 sets: 10 reps     | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Thigh Squeezes</b><br>3 sets: 10 reps  | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Quad Sets</b><br>3 sets: 10 reps       | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Quad Arcs</b><br>3 sets: 10 reps       | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Prone Knee Bend</b><br>3 sets: 10 reps | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |
|                  | <b>Calf Raises</b><br>3 sets: 10 reps     | Week 1 |     |     |      |     |       |     |     |
|                  |   | Week 2 |     |     |      |     |       |     |     |
|                  |   | Week 3 |     |     |      |     |       |     |     |

|                  |                            |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|----------------------------|--------|-----|-----|------|-----|-------|-----|-----|
| <b>ENDURANCE</b> | <b>Walking</b><br>Distance | Week 1 |     |     |      |     |       |     |     |
|                  |                            | Week 2 |     |     |      |     |       |     |     |
|                  |                            | Week 3 |     |     |      |     |       |     |     |
|                  |                            |        |     |     |      |     |       |     |     |

|                |                                       |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|----------------|---------------------------------------|--------|-----|-----|------|-----|-------|-----|-----|
| <b>BALANCE</b> | <b>Eyes Open</b><br>Minutes : Seconds | Week 1 |     |     |      |     |       |     |     |
|                |                                       | Week 2 |     |     |      |     |       |     |     |
|                |                                       | Week 3 |     |     |      |     |       |     |     |
|                |                                       |        |     |     |      |     |       |     |     |

PHASE 2: Weeks 4 – 6

|                  |  |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|--|--------|-----|-----|------|-----|-------|-----|-----|
| <b>STRETCHES</b> | <b>Hamstring Stretch</b><br>3 sets: 1 rep      | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Calf Stretch Heel Cord</b><br>3 sets: 1 rep | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Secondary Calf Stretch</b><br>3 sets: 1 rep | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Seated Quad Stretch</b><br>3 sets : 3 reps  | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |

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|------------------|--|--------|-----|-----|------|-----|-------|-----|-----|
| <b>EXERCISES</b> | <b>Quad Arcs</b><br>3 sets: 10 reps                | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Prone Knee Bends</b><br>3 sets: 10 reps         | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Straight Leg Raise</b><br>3 sets: 10 reps       | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Supine Hip Abd / Add</b><br>3 sets: 10 reps     | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Standing Hip Abd / Add</b><br>3 sets: 10 reps   | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Side-lying Hip Abd / Add</b><br>3 sets: 10 reps | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Heel Slides</b><br>3 sets: 10 reps              | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Mini-Squats</b><br>3 sets : 10 reps             | Week 4 |     |     |      |     |       |     |     |
|                  |  | Week 5 |     |     |      |     |       |     |     |
|                  |  | Week 6 |     |     |      |     |       |     |     |

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|                  |   |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|---|--------|-----|-----|------|-----|-------|-----|-----|
| <b>ENDURANCE</b> | <b>Treadmill</b><br>Speed : Incline                               | Week 4 |     |     |      |     |       |     |     |
|                  |   | Week 5 |     |     |      |     |       |     |     |
|                  |   | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Elliptical</b><br>Speed : Incline                              | Week 4 |     |     |      |     |       |     |     |
|                  |   | Week 5 |     |     |      |     |       |     |     |
|                  |   | Week 6 |     |     |      |     |       |     |     |
|                  | <b>Stationary Bicycle</b><br>Speed : Resistance<br>Chair Position | Week 4 |     |     |      |     |       |     |     |
|                  |   | Week 5 |     |     |      |     |       |     |     |
|                  |   | Week 6 |     |     |      |     |       |     |     |

|                |   |        | SUN | MON | TUES | WED | THURS | FRI | SAT |
|----------------|---|--------|-----|-----|------|-----|-------|-----|-----|
| <b>BALANCE</b> | <b>Eyes Open /Closed</b><br>Minutes : Seconds | Week 4 |     |     |      |     |       |     |     |
|                |   | Week 5 |     |     |      |     |       |     |     |
|                |   | Week 6 |     |     |      |     |       |     |     |

TOTAL KNEE EXERCISE SCHEDULE

PHASE 3: Weeks 7 – 12

|                  |  |         | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|--|---------|-----|-----|------|-----|-------|-----|-----|
| <b>STRETCHES</b> | <b>Hamstring Stretch</b><br>3 sets: 1 rep      | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Calf Stretch Heel Cord</b><br>3 sets: 1 rep | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Secondary Calf Stretch</b><br>3 sets: 1 rep | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Seated Quad Stretch</b><br>3 sets : 3 reps  | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |

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|                  |  |         | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|--|---------|-----|-----|------|-----|-------|-----|-----|
| <b>EXERCISES</b> | <b>Supine Hip Abd / Add</b><br>3 sets: 10 reps     | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Standing Hip Abd / Add</b><br>3 sets: 10 reps   | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Side-lying Hip Abd / Add</b><br>3 sets: 10 reps | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Mini-Squats</b><br>3 sets: 10 reps              | Week 7  |     |     |      |     |       |     |     |
|                  |  | Week 8  |     |     |      |     |       |     |     |
|                  |  | Week 9  |     |     |      |     |       |     |     |
|                  |  | Week 10 |     |     |      |     |       |     |     |
|                  |  | Week 11 |     |     |      |     |       |     |     |
|                  |  | Week 12 |     |     |      |     |       |     |     |
| Week 8           |  |         |     |     |      |     |       |     |     |
| Week 9           |  |         |     |     |      |     |       |     |     |
| Week 12          |  |         |     |     |      |     |       |     |     |

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|------------------|------------------------------------|---------|-----|-----|------|-----|-------|-----|-----|
| <b>EXERCISES</b> | <b>Step-Ups</b><br>3 sets: 10 reps | Week 7  |     |     |      |     |       |     |     |
|                  |                                    | Week 8  |     |     |      |     |       |     |     |
|                  |                                    | Week 9  |     |     |      |     |       |     |     |
|                  |                                    | Week 10 |     |     |      |     |       |     |     |
|                  |                                    | Week 11 |     |     |      |     |       |     |     |
|                  |                                    | Week 12 |     |     |      |     |       |     |     |
|                  | <b>Bridges</b><br>3 sets: 10 reps  | Week 7  |     |     |      |     |       |     |     |
|                  |                                    | Week 8  |     |     |      |     |       |     |     |
|                  |                                    | Week 9  |     |     |      |     |       |     |     |
|                  |                                    | Week 10 |     |     |      |     |       |     |     |
|                  |                                    | Week 11 |     |     |      |     |       |     |     |
|                  |                                    | Week 12 |     |     |      |     |       |     |     |



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|                  |   |         | SUN | MON | TUES | WED | THURS | FRI |
|------------------|---|---------|-----|-----|------|-----|-------|-----|
| <b>ENDURANCE</b> | <b>Treadmill</b><br>Speed : Incline                               | Week 7  |     |     |      |     |       |     |
|                  |   | Week 8  |     |     |      |     |       |     |
|                  |   | Week 9  |     |     |      |     |       |     |
|                  |   | Week 10 |     |     |      |     |       |     |
|                  |   | Week 11 |     |     |      |     |       |     |
|                  |   | Week 12 |     |     |      |     |       |     |
|                  | <b>Elliptical</b><br>Speed : Incline                              | Week 7  |     |     |      |     |       |     |
|                  |   | Week 8  |     |     |      |     |       |     |
|                  |   | Week 9  |     |     |      |     |       |     |
|                  |   | Week 10 |     |     |      |     |       |     |
|                  |   | Week 11 |     |     |      |     |       |     |
|                  |   | Week 12 |     |     |      |     |       |     |
|                  | <b>Stationary Bicycle</b><br>Speed : Resistance<br>Chair Position | Week 7  |     |     |      |     |       |     |
|                  |   | Week 8  |     |     |      |     |       |     |
|                  |   | Week 9  |     |     |      |     |       |     |
|                  |   | Week 10 |     |     |      |     |       |     |
|                  |   | Week 11 |     |     |      |     |       |     |
|                  |   | Week 12 |     |     |      |     |       |     |

|                |  |         | SUN | MON | TUES | WED | THURS | FRI |
|----------------|--|---------|-----|-----|------|-----|-------|-----|
| <b>BALANCE</b> | <b>Eyes Open / Closed</b><br>Minutes : Seconds | Week 7  |     |     |      |     |       |     |
|                |  | Week 8  |     |     |      |     |       |     |
|                |  | Week 9  |     |     |      |     |       |     |
|                |  | Week 10 |     |     |      |     |       |     |
|                |  | Week 11 |     |     |      |     |       |     |
|                |  | Week 12 |     |     |      |     |       |     |