

Name _____

Date _____

Physician _____



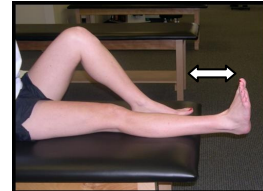
proaxistherapy™

Patient Flow Sheet

Initial Post-op Knee Exercises (A)

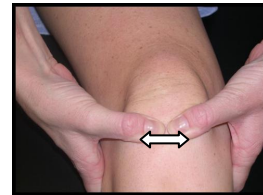
1) ANKLE PUMPS

Straighten involved leg and move ankle back and forth.
30 repetitions every hour

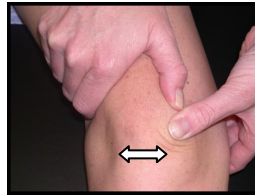


2) KNEE CAP / PATELLAR MOBILIZATION

Move tendon side to side 2-3 minutes, 3-4 times a day



2a) Move knee cap side to side & up and down
2-3 minutes each, 3-4 times a day



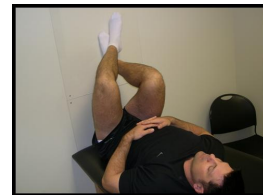
3) QUAD SETS / STRAIGHT LEG RAISES

-Tighten thigh muscle until leg is straight
Hold 3-5 seconds, 10 times every hour
-Tighten thigh muscle and raise leg 6-8 inches
10 times every hour as able



4) WALL SLIDES

Slowly lower involved leg down wall until tolerable stretch is felt
Discomfort, not pain, is acceptable, hold 5-10 seconds
Use good leg to assist involved leg back up the wall
Perform 5-15 minutes, 3-4 times a day



5) CALF STRETCHES

Use towel, sheet, or belt to gently stretch calf
Perform 5 repetitions, hold 15 seconds each, 3-4 times a day





Initial Post-op Knee Exercises (A)
Pg. 2

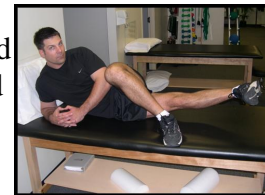
1) SIDELYING ABDUCTION

Lie on uninvolved side, perform quad set and hold leg straight
Raise comfortably toward ceiling then down, maintain good form
3 sets of 10-15, 3-4 times a day



2) SIDELYING ADDUCTION

Lie on involved side, cross good leg over as pictured, perform quad set and raise comfortably toward ceiling then down, maintain good form
3 sets of 10-15, 3-4 times a day



3) PRONE HIP EXTENSION

Lie on stomach, perform quad set and raise leg comfortably toward ceiling then down, maintain good form
3 sets of 10-15, 3-4 times a day



4) MINI SQUATS

Stand with feet shoulder width apart, bend knees 30-45 degrees,
Keep back straight and head up
Don't let front edge of knees come past your toes
Return to starting position
3 sets of 10-15, 3 times a day



5) CALF RAISES

With legs straight, raise up on toes as high as you can comfortably
Then return to starting position
3 sets of 10-15, 3 times a day

