

Home exercise program — knee replacement (additional exercises)

Do these exercises only if instructed by a therapist or your surgeon.

Check the box under the appropriate day and week after you perform the exercises selected for you.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Additional Exercises																												
Knee dangling/swinging																												
Side leg lifts																												
Prone knee extension stretch																												
Prone knee flexion																												
Prone hip extension																												
Standing exercises																												
Calf stretch																												
Step stretch																												
Knee step up																												