



LIVEWELL HEALTH

your partner in successful aging

PRE / POST KNEE REPLACEMENT

IN COLLABORATION WITH

VALD HEALTH

Static quadriceps activation in supine

Exercise Details

Sets 3

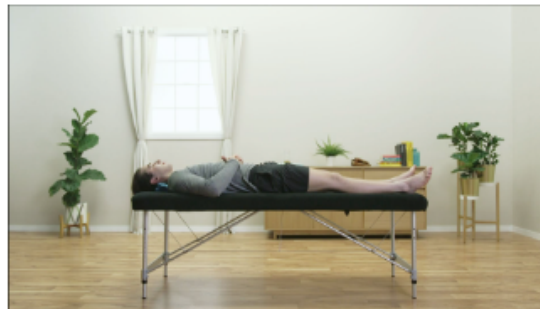
Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your legs out straight and rest your hands on your thighs. Tense your quadriceps muscles, feeling the muscles tighten with your hands as you do so. Hold the movement for the prescribed time and then relax to complete the exercise. Remember to keep your body still and tense only your quadriceps muscles throughout the exercise.

[See Less](#)



Straight leg raise in supine

Exercise Details

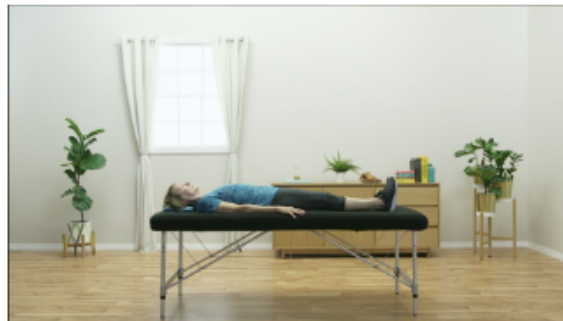
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your legs out straight. Keeping your leg straight, slowly lift your leg towards your body, then lower it back down to complete the exercise. Remember to keep your upper body flat on the mat and your leg straight throughout the exercise. [See Less](#)

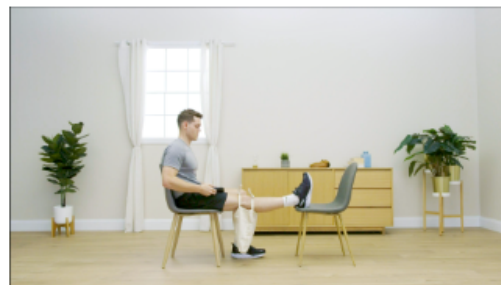


Knee extension stretch (bag and weight)

Exercise Details

Sets	3
Hold Duration	30 seconds
Resistance	1kg dumbbell
Rest Duration	60 seconds
No notes	

Start by sitting in a chair with your head up and chest tall, holding a weights in your hand and your leg out straight, resting on an object. The handles of the bag should be on either side of you knee. Keeping your leg still, add the weight to the bag until you feel a stretch in your thigh. Hold the stretch for the prescribed time, and then take the weight out of the bag to complete the exercise. Remember to avoid letting the bag touch the ground throughout the exercise. [See Less](#)



AROM knee extension in sitting

Exercise Details

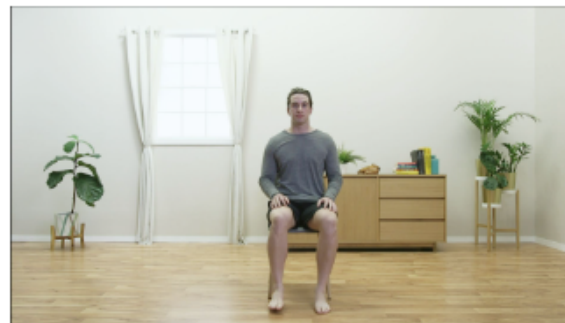
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by sitting with your head up and chest tall. Shift your weight to one leg and lift your other foot just off the floor. Keeping the rest of your body still, straighten your leg out, then lower it back down to complete the exercise. Remember to avoid locking out your knee throughout the exercise. [See Less](#)



Single leg slides in supine

Exercise Details

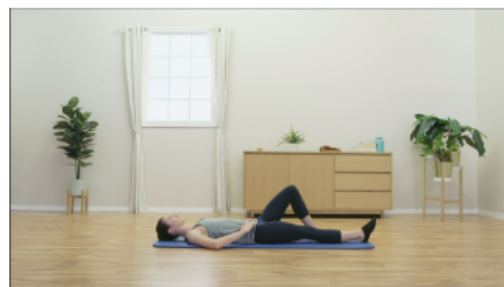
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent and your feet flat on the floor. Keeping your hips pointed towards the ceiling, slowly slide one leg out until your leg straightens. Then slide your leg in to complete the exercise. Remember to keep your heel on the floor throughout the exercise. [See Less](#)



Quarter depth squat with support

Exercise Details

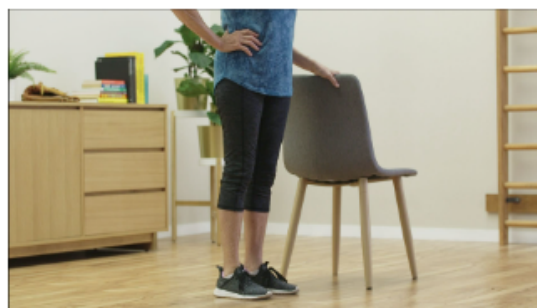
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up and chest tall, with one hand on the chair and your other hand on your hip. Bend down into a quarter depth squat, keeping your knees in line with your toes, and then push through your heels to stand back up to complete the exercise. Remember to keep your weight through your heels and chest up throughout the exercise. [See Less](#)



Calf raise with support

Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing behind the chair with your feet shoulder width apart, head up, chest tall and your hands resting on the chair. Keeping your legs straight, rise up on to your toes, then lower your heels back down to complete the exercise. Remember to keep your head up and leg straight throughout the movement. [See Less](#)

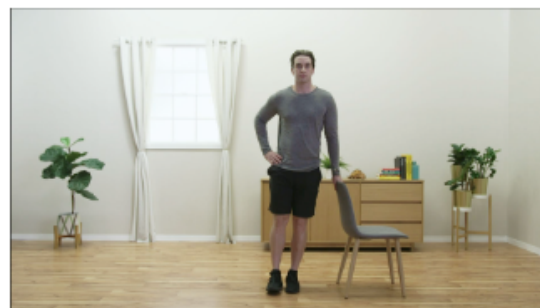


Hip abduction in standing with support

Exercise Details

Sets	3
Reps	10
Rest Duration	60 seconds
No notes	

Start by standing with your feet hip width apart, head up, chest tall, with one hand on your hip and your other hand resting on the chair. Shift your weight to one leg and lift your other foot just off the floor. Keeping your chest straight, move your leg out to the side then bring your leg back in to your other foot to complete the exercise. Remember to focus on moving your leg only throughout the exercise. [See Less](#)



Hip extension in standing with support

Exercise Details

Sets	3
Reps	10
Rest Duration	60 seconds
No notes	

Start by standing with your feet hip width apart, head up, chest tall, with one hand on your hip and your other hand resting on the chair. Shift your weight to one leg and lift your other foot just off the floor. Keeping your chest straight, lift your leg back in a straight line, then bring your leg back in to your other foot to complete the exercise. Remember to focus on moving your leg only throughout the exercise. [See Less](#)

