

Total Knee Prehab Exercises

6 Weeks of Exercises & Stretches

The image displays several overlapping exercise sheets for knee prehab. Each sheet includes a title, a disclaimer, a list of exercises with their descriptions, and a daily schedule. The exercises shown include:

- QUAD SET** (3x10 REPS)
- GLUTE SETS** (3x10 REPS)
- STRAIGHT LEG RAISE** (3x10 REPS)
- LONG ARC QUAD** (3x10 REPS)
- MINI SQUAT** (3x10 REPS)
- STANDING HIP ABDUCTION** (3x10 REPS)
- STANDING HIP EXTENSION** (3x10 REPS)
- COUNTERTOP PUSHUPS** (3x10 REPS)
- STRAIGHT LEG RAISE** (3x10 REPS)
- LONG ARC QUAD** (3x10 REPS)
- MINI SQUAT** (3x10 REPS)
- STANDING HIP ABDUCTION** (3x10 REPS)
- STANDING HIP EXTENSION** (3x10 REPS)
- COUNTERTOP PUSHUPS** (3x10 REPS)
- QUAD SET** (3x10 REPS)
- GLUTE SETS** (3x10 REPS)
- STRAIGHT LEG RAISE** (3x10 REPS)
- SHORT ARC QUAD** (3x10 REPS)
- MINI SQUAT** (3x10 REPS)
- SUPINE HIP ABDUCTION** (3x10 REPS)

The sheets are organized by week and day, with a 'WEEK 1 DAY 1' through 'WEEK 3 DAY 5' layout. Each sheet includes a disclaimer: "These exercises should not replace your physician's protocol or the prescribed exercises provided by your Physical Therapist. Use as a reference or supplement as approved by your PT and surgeon."

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<i>EXERCISE</i>	<i>DESCRIPTION</i>
QUAD SET	<i>Lie on your back with one knee bent and place a small towel under your other straight leg. Gently squeeze the muscles, pushing the back of your knee down into the towel. Hold for 3 seconds. Relax. Repeat. Do not hold your breath.</i>
GLUTE SETS	<i>Lie on your back with both legs extended. Tighten your buttocks muscles to perform a glute set. Hold the contraction (but not your breath!) for 3 seconds. Relax and repeat.</i>
STRAIGHT LEG RAISE	<i>Lie on your back. Bend one knee with your foot on the floor and keep the other leg straight. Slowly lift your straight leg. Once your straight leg is in line with the thigh of your bent leg, slowly lower back to the start position. Repeat.</i>
SHORT ARC QUAD	<i>Lie on your back and place a towel beneath the thigh of your recovering leg. Squeeze your quads to extend your leg straight and lift just your foot off the bed or floor. Hold for 1–2 seconds, slowly lower your foot and relax, then repeat from the starting position.</i>
MINI SQUAT	<i>Stand upright, with your feet slightly wider than shoulder-width apart. Perform a mini squat by bending your knees and hinging at your hips, as if you're about to sit in a chair. Before reaching a full squat, straighten your legs and return to standing. Repeat.</i>
SUPINE HIP ABDUCTION	<i>Lie on your back with both legs extended straight. Slide one leg out to the side and be careful not to bend at your side as you do this. Slowly return to the starting position and repeat.</i>

Exercise Images on Following Page

PREHAB WEEK 1-6 (BEFORE SURGERY)

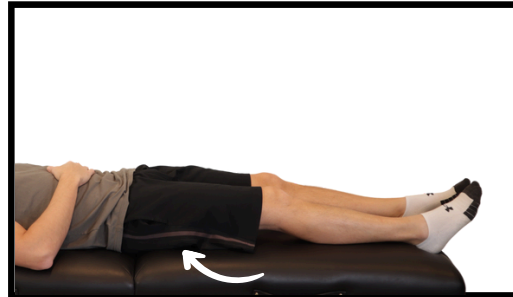
WEEK 1

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QUAD SET
3X10 REPS



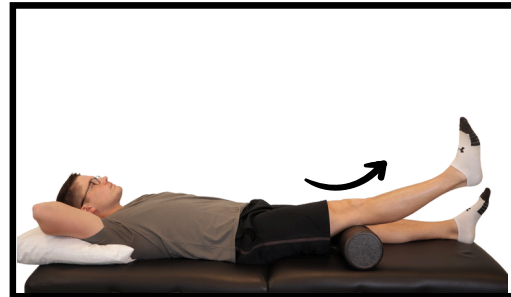
GLUTE SETS
3X10 REPS



STRAIGHT LEG RAISE
3X10 REPS



SHORT ARC QUAD
3X10 REPS



MINI SQUAT
3X10 REPS



SUPINE HIP ABDUCTION
3X10 REPS



WEEK 1



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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EXERCISE	DESCRIPTION
STRAIGHT LEG RAISE	Lie on your back. Bend one knee with your foot on the floor and keep the other leg straight. From here, slowly lift your straight leg by squeezing your quads or thigh muscles. Once your straight leg is in line with the thigh of your bent leg, slowly lower back to the start position. Repeat.
LONG ARC QUAD	Sit upright in a chair. Slowly straighten one leg to extend it in front of you, with your foot in the air. Hold this extension for 1–2 seconds, then slowly bend the knee and lower your foot to the floor. Repeat.
MINI SQUAT	Stand upright, with your feet slightly wider than shoulder-width apart. Perform a mini squat by bending your knees and hinging at your hips, as if you're about to sit in a chair. Before reaching a full squat, straighten your legs and return to standing. Repeat.
STANDING HIP ABDUCTION	Stand upright alongside a counter or sturdy chair to maintain your balance. Now slowly kick your leg out to the side then return to the starting position. Make sure your body stays upright and your leg stays straight throughout the movement.
STANDING HIP EXTENSION	Stand upright alongside a counter or sturdy chair to maintain your balance. Keep your leg straight and slowly kick your leg backwards then return to the starting position. Make sure your body stays upright and your leg stays straight throughout the movement.
COUNTERTOP PUSHUPS	Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter in a plank position. From here, bend your elbows and slowly lower your body toward the counter, then push your body back up to the starting position. Repeat.

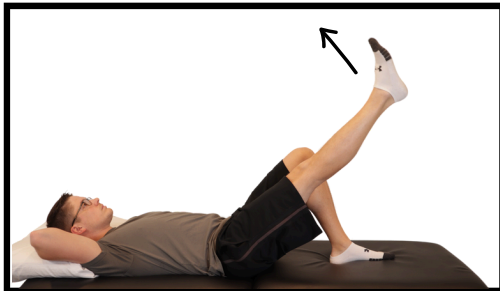
Exercise Images on Following Page

PREHAB WEEK 1-6 (BEFORE SURGERY)

WEEK 2

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STRAIGHT LEG RAISE
3X10 REPS



LONG ARC QUAD
3X10 REPS



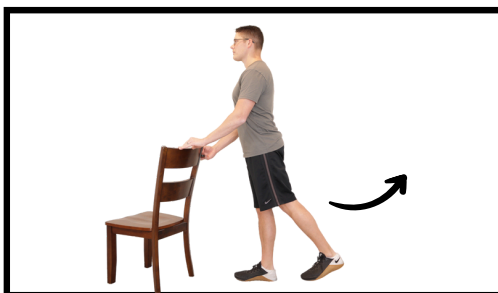
MINI SQUAT
3X10 REPS



STANDING HIP ABDUCTION
3X10 REPS



STANDING HIP EXTENSION
3X10 REPS



COUNTERTOP PUSHUPS
3X10 REPS



WEEK 2



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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<i>EXERCISE</i>	<i>DESCRIPTION</i>
STANDING HIP ABDUCTION	<i>Stand upright alongside a counter or sturdy chair to maintain your balance. Now slowly kick your leg out to the side then return to the starting position. Make sure your body stays upright and your leg stays straight throughout the movement.</i>
STANDING HIP EXTENSION	<i>Stand upright alongside a counter or sturdy chair to maintain your balance. Keep your leg straight and slowly kick your leg backwards then return to the starting position. Make sure your body stays upright and your leg stays straight throughout the movement.</i>
HEEL RAISES	<i>Stand upright with your feet shoulder-width apart, facing a countertop or sturdy chair for support. Slowly lift both heels off the ground at the same time, shifting your weight to your toes. Use the counter or chair for support if needed. Hold for 1–2 seconds, then slowly lower your heels to the floor.</i>
HALF LUNGES	<i>Stand upright with your feet hip-width apart. Step one foot forward, slightly further than you would to walk. Bend your knees so your torso lowers by six inches, maintaining an upright posture. Press into your front foot to stand back up, then switch legs and repeat on the other side.</i>
FRONT STEP UPS	<i>Stand tall facing a small step or platform. While keeping good posture, step up onto the platform, with one foot following the other. Return back to the starting position, then repeat. With each step up, make sure your knee does not bend past your toe.</i>
COUNTERTOP PUSHUPS	<i>Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter in a plank position. From here, bend your elbows and slowly lower your body toward the counter, then push your body back up to the starting position. Repeat.</i>

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PREHAB WEEK 1-6 (BEFORE SURGERY)

WEEK 3

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STANDING HIP ABDUCTION

3X10 REPS



STANDING HIP EXTENSION

3X10 REPS



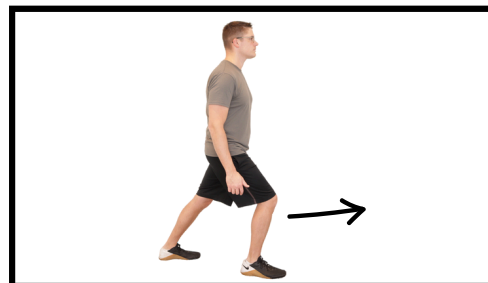
HEEL RAISES

3X10 REPS



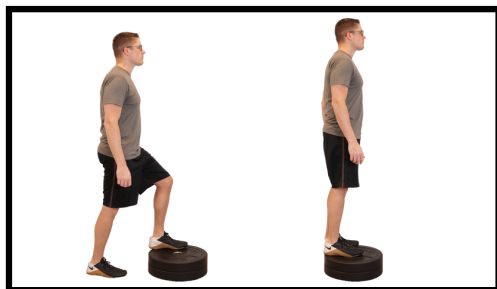
HALF LUNGE

3X10 REPS



FRONT STEP UPS

3X10 REPS



COUNTERTOP PUSHUPS

3X10 REPS



WEEK 3



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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EXERCISE	DESCRIPTION
HEEL RAISES	Stand upright with your feet shoulder-width apart, facing a countertop or sturdy chair for support. Slowly lift both heels off the ground at the same time, shifting your weight to your toes. Use the counter or chair for support if needed. Hold for 1–2 seconds, then slowly lower your heels to the floor.
FRONT STEP UPS	Stand tall facing a small step or platform. While keeping good posture, step up onto the platform, with one foot following the other. Return back to the starting position, then repeat. With each step up, make sure your knee does not bend past your toe.
CLAMSHELL	Lie on your side with your knees bent. Square up your hips and shoulders so they are aligned and not leaning one way. Contract your abdominal muscles and open your legs like a clamshell, with the top knee towards the ceiling and your feet together. You should feel your buttocks muscles working with this movement. Return to the start position, and repeat.
COUNTERTOP PLANKS	Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter. Straighten both arms and shift your body weight into your hands in a modified push-up position. Hold this position for 30 seconds. Relax and repeat.
HIGH KNEE MARCHES	Stand alongside a sturdy chair or countertop and hold onto it for support. Perform a marching motion while maintaining an upright posture. Aim to lift your leg to 90 degrees before lowering your foot to the ground, alternating legs.
HAMSTRING STRETCH	Sit on the edge of a sturdy chair and extend one leg straight in front of you. Keep your back straight and bend forward as you feel a stretch behind your leg. Hold for 15 to 20 seconds.
CALF STRETCH	Place one foot against a wall or step. Lean forward to feel a stretch along the back of your leg in the calf muscle. Hold for 15 to 20 seconds

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PREHAB WEEK 1-6 (BEFORE SURGERY)

WEEK 4

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HEEL RAISES
3X10 REPS



FRONT STEP UPS
3X10 REPS



CLAMSHELL
3X10 REPS



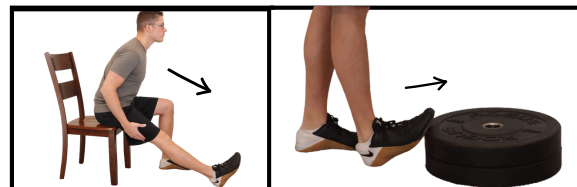
COUNTERTOP PLANKS
3X30 SECONDS



HIGH KNEE MARCHES
3X10 REPS



HAMSTRING & CALF STRETCH
3X15 SECONDS



WEEK 4 DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

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EXERCISE	DESCRIPTION
CLAMSHELL	Lie on your side with your knees bent. Square up your hips and shoulders so they are aligned and not leaning one way. Contract your abdominal muscles and open your legs like a clamshell, with the top knee towards the ceiling and your feet together. You should feel your buttocks muscles working with this movement. Return to the start position, and repeat.
GLUTE BRIDGES	Lie on your back on a flat surface. Bend both knees and keep your heels on the surface. Tighten your buttocks muscles and lift your bottom off of the surface. Hold for 2-3 seconds and return to the starting position. Repeat 10 times. Be careful to avoid cramping behind the leg.
MINI SQUAT	Stand upright, with your feet slightly wider than shoulder-width apart. Perform a mini squat by bending your knees and hinging at your hips, as if you're about to sit in a chair. Before reaching a full squat, straighten your legs and return to standing. Repeat.
LATERAL STEP UP	Stand upright alongside a step or platform. Using the foot nearer the platform, laterally step up onto the platform, following with your other foot. Then reverse the action and step back down to return to the start position. Repeat.
COUNTERTOP PUSHUP	Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter in a plank position. From here, bend your elbows and slowly lower your body toward the counter, then push your body back up to the starting position. Repeat.
HAMSTRING STRETCH	Sit on the edge of a sturdy chair and extend one leg straight in front of you. Keep your back straight and bend forward as you feel a stretch behind your leg. Hold for 15 to 20 seconds.
CALF STRETCH	Place one foot against a wall or step. Lean forward to feel a stretch along the back of your leg in the calf muscle. Hold for 15 to 20 seconds

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PREHAB WEEK 1-6 (BEFORE SURGERY)

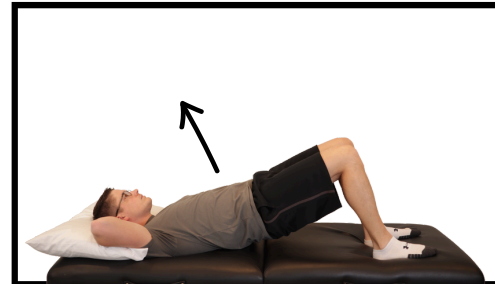
WEEK 5

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CLAMSHELL
3X10 REPS



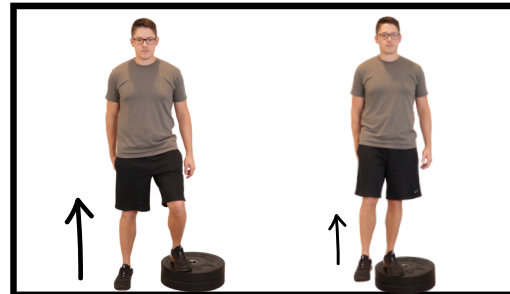
GLUTE BRIDGES
3X10 REPS



MINI SQUAT
3X10 REPS



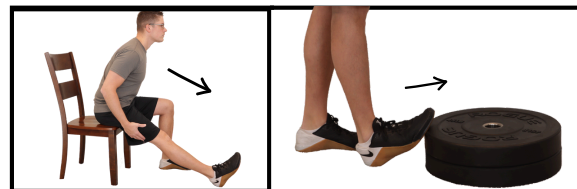
LATERAL STEP UP
3X10 REPS



COUNTERTOP PUSHUPS
3X10 REPS



HAMSTRING & CALF STRETCH
3X15 SECONDS



WEEK 5



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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EXERCISE	DESCRIPTION
MINI SQUAT	Stand upright, with your feet slightly wider than shoulder-width apart. Perform a mini squat by bending your knees and hinging at your hips, as if you're about to sit in a chair. Before reaching a full squat, straighten your legs and return to standing. Repeat.
LATERAL STEP UP	Stand upright alongside a step or platform. Using the foot nearer the platform, laterally step up onto the platform, following with your other foot. Then reverse the action and step back down to return to the start position. Repeat.
HEEL RAISES	Stand upright with your feet shoulder-width apart, facing a countertop or sturdy chair for support. Slowly lift both heels off the ground at the same time, shifting your weight to your toes. Use the counter or chair for support if needed. Hold for 1–2 seconds, then slowly lower your heels to the floor.
COUNTERTOP PLANK	Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter. Straighten both arms and shift your body weight into your hands in a modified push-up position. Hold this position for 30 seconds. Relax and repeat.
COUNTERTOP PUSHUP	Stand tall at a counter, with your feet shoulder-width apart and hands resting on the counter in a plank position. From here, bend your elbows and slowly lower your body toward the counter, then push your body back up to the starting position. Repeat.
HAMSTRING STRETCH	Sit on the edge of a sturdy chair and extend one leg straight in front of you. Keep your back straight and bend forward as you feel a stretch behind your leg. Hold for 15 to 20 seconds.
CALF STRETCH	Place one foot against a wall or step. Lean forward to feel a stretch along the back of your leg in the calf muscle. Hold for 15 to 20 seconds

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PREHAB WEEK 1-6 (BEFORE SURGERY)

WEEK 6

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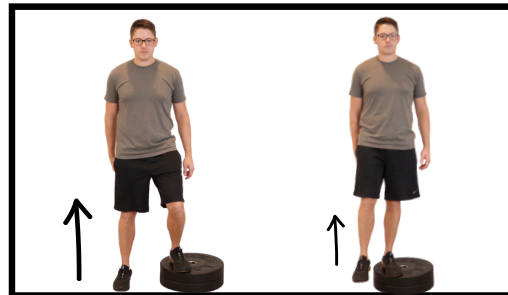
MINI SQUAT

3X10 REPS



LATERAL STEP UP

3X10 REPS



HEEL RAISES

3X10 REPS



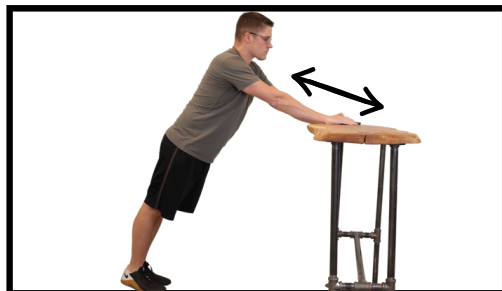
COUNTERTOP PLANKS

3X30 SECONDS



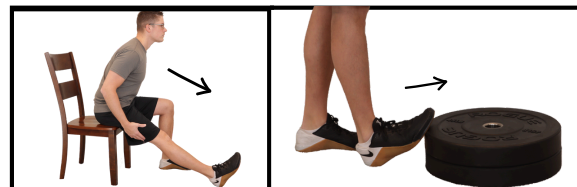
COUNTERTOP PUSHUPS

3X10 REPS



HAMSTRING & CALF STRETCH

3X15 SECONDS



WEEK 6



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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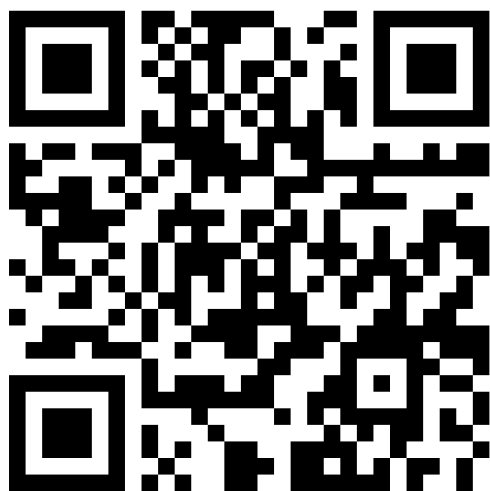
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