

Range of Motion Chart

Patient's Name

Surgeon

Surgery Type (Total / Partial)



TIP: The average human's fully bent knee will measure at 135° flexion, while a fully straight unflexed knee will measure 0°

HOSPITAL DISCHARGE DAY

Date	Flexion	Extension

NOTES: _____

WEEK 1

★GOALS★ Flexion: 65° - 90° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
							1 st Set
							2 nd Set
							3 rd Set

WEEK 2

★GOALS★ Flexion: ≥ 90° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
							1 st Set
							2 nd Set
							3 rd Set

WEEK 3

★GOALS★ Flexion: 100° - 120° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
							1 st Set
							2 nd Set
							3 rd Set



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Wilson Phoeng RN,MSN | wphoeng@mednet.ucla.edu | Office # 424-259-8266 | Cell # 310-295-7403

WEEK 4

★GOALS★ Flexion:100°- 120° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1st Set

2nd Set

3rd Set

WEEK 5

★GOALS★ Flexion:100°- 120° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1st Set

2nd Set

3rd Set

WEEK 6

★GOALS★ Flexion: ≥ 120° | Extension: 0°

Date	Flexion	Extension

DAILY EXERCISES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1st Set

2nd Set

3rd Set

TIP: For daily living, a minimum flexion of around 105°-110° is necessary



Approximate range of motion flexion required for everyday activities:

- 65° to walk
- 70° to grab a simple item off the floor
- 85° to climb stairs
- 95° to stand up from a sitting position
- 105° to tie your shoelaces
- 115° to sit cross-legged
- 125°+ covers most normal activities

NOTES: _____



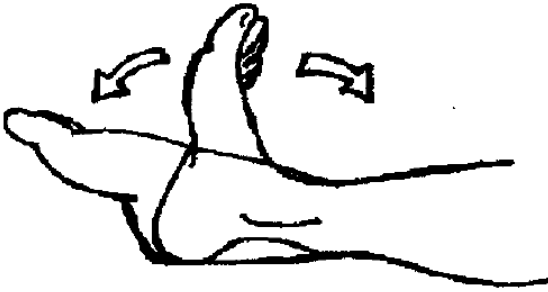
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REHAB: KNEE REPLACEMENT EXERCISE PROGRAM

Physical and Occupational Therapy



Ankle Pumps and Circles

Point and flex your ankles through full range of motion. Then rotate your feet clockwise followed by counterclockwise.

Repeat 10-20 times each direction.

Do 3 or more sessions per day.

****This is a good exercise for DVT (leg clot) prevention and for preventing ankle stiffness while in bed.**

Quadriceps sets - “Thigh Squeezes”

Tighten the muscles on top of your thigh as if attempting to push your knee down into the bed.

Hold 5 seconds. Relax.

Repeat 10-20 times.

Do 3 sessions per day.

****Note:** You do not need to prop up on your hands to do this exercise. Stay relaxed on your back.

Heel Slides

Bend and straighten one leg by slowly sliding the foot along the bed. Keep your low back flat (it may be more comfortable to bend the opposite knee).

Repeat 10-20 times.

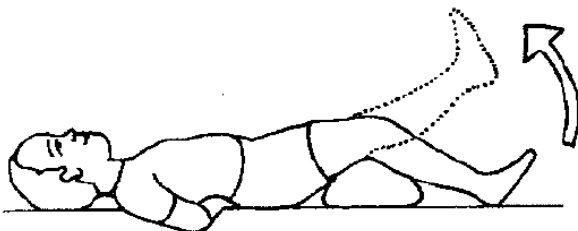
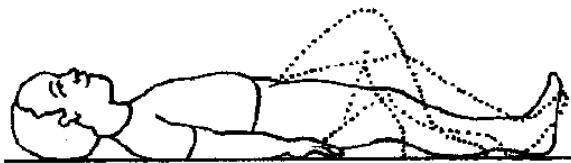
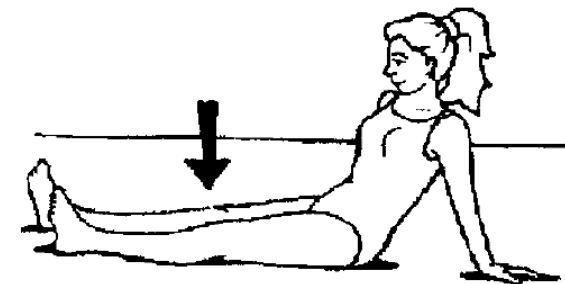
Do 3 sessions per day.

Short Arc Quads

Have help (if needed) placing a rolled pillow or blanket under your knee. Straighten the knee by lifting your heel off of the bed. Keep your knee on the pillow or bolster (do not lift the entire leg).

Repeat 10-20 times.

Do 3 sessions per day.



Straight Leg Raise in Supine

Bend your non-operative knee for comfort. Now raise the operative leg up to the level of the opposite knee while keeping the toes pointed upward. Slowly lower.

Repeat 10-20 times.

Do 3 sessions per day.

Knee Extension in Sitting

Sit in a chair with your feet on the floor. Lift your foot up until the knee is straight. Slowly lower.

Repeat 10-20 times.

Do 3 sessions per day.

Seated Hamstring Stretch

With the foot positioned on a stool or chair as shown, straighten the knee and lean forward until a stretch is felt in back of thigh.

Hold 20-30 seconds. Relax.

Repeat 5 times.

Do 3 sessions per day.

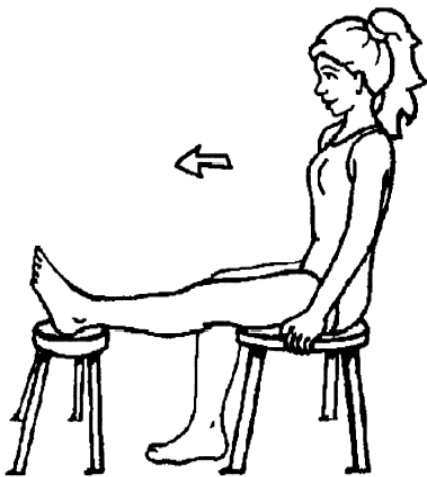
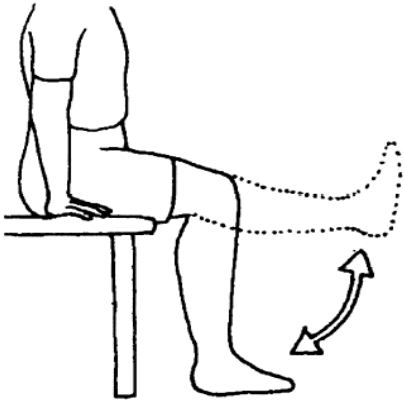
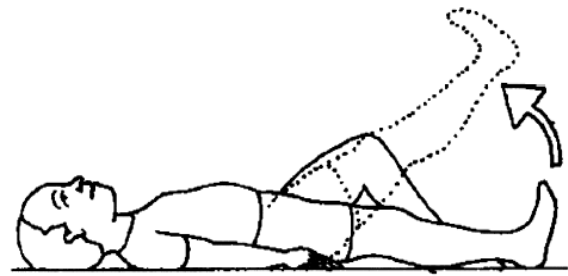
PROM for Knee Flexion

While seated on a chair, firmly plant the foot of the operative leg onto floor and slowly scoot to the edge of the chair until the knee bends and a stretch is felt.

Hold each stretch 20-30 seconds.

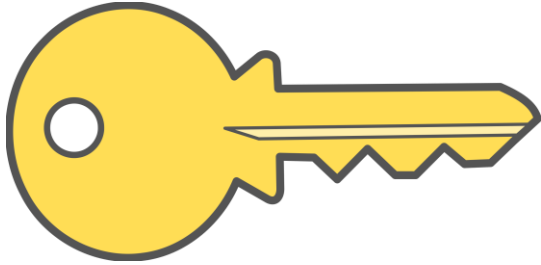
Repeat 5 times.

Do 3 sessions per day.



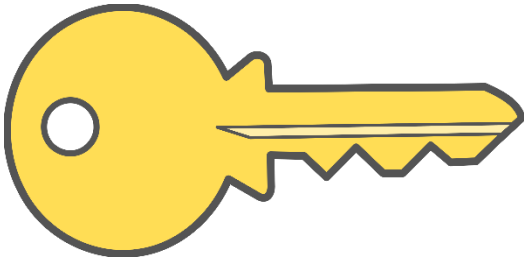
3 KEYS to Knee Recovery

1) Perform home knee exercises every day 3 times a day



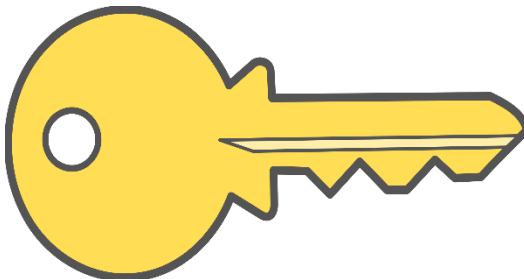
- ✓ Have formal physical therapy 2 to 3 times a week for 6 to 8 weeks
- ✓ Range of Motion Goal: 0 degree extension (knee completely straight) to 120 degree flexion (knee bend) by 6-8 weeks after surgery.

2) Manage knee swelling



- ✓ Elevate operated knee toes above the nose for 6 to 8 hour per 24 hours
- ✓ Ice 4 to 5 times per day 20-30 mins each time

3) Manage your pain



- ✓ Take your pain medication as needed to get you through the exercise, walking, and physical therapy.
- ✓ As pain gets better, start weaning off the stronger pain medications first.

MOVEMENT/AMBULATION

- Week #1-Short frequent walks around the home, using walker
- Week #2-4 Gradually increase distance, starting on level ground
- Use the walker until no longer needing any support, without limp



ELEVATE

- Use the TKA pillow (or stacked pillows-pictured) whenever resting
- Sleep in the pillow at night, unless it keeps you awake
- DO NOT keep the leg hanging down >15 minutes at a time



REST

- Rest in between walking and daily activities
- Get a good night's sleep-important for healing!
- Sleep with the leg elevated! You may also sleep on your operative side with the knee STRAIGHT (only if having back pain or need a break)



ROM-Range of Motion

- Do your ROM exercises 3 times per day
- Increase ROM daily within pain limits
- DO NOT perform Squats, Lunges, exercise machines or weights



Ice

- Ice 4-5 times/day for 20-30 minutes, combined with elevation
- Best after walking and/or exercises
- Ice right away if soreness or swelling increases

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Knee Precautions

Continue for 6-8 hours/day for 6-8 weeks after surgery

1. Avoid twisting on the operative leg while standing or walking

- Take small steps to turn



2. Avoid placing pillows only behind the knee.

- Keep pillows stacked in a way that the knee is kept straight in bed!



3. Avoid swelling

- Elevate your leg after exercises, standing, and walking
- Change positions frequently/every hour
- Sit for less than 1 hour at a time (Example: Out of bed to chair for meals)
- Use ice, but **DO NOT** get the surgical dressing wet!
- Elevate affected extremity above the heart
- Ankle Pumps while elevating extremity above the heart
- If increased swelling is noted in foot or ankle, it is time to spend more time with the leg elevated "Toes above the Nose"



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