





Range of Motion After Total Knee Replacement

Seated Knee Flexion Stretch Scoot





While seated, slide your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

-  Hold stretch for 15 seconds
-  Repeat 15 Times
-  Perform every hour during the day
-  Option to place heavy object in front of foot to keep from sliding



Knee Extension Stretch With Propped Foot

While seated, prop your foot up on another chair or stool and allow gravity to stretch your knee into a more straightened position.

-  Hold stretch for 15 seconds
-  Repeat 15 times
-  Perform every hour during the day
-  To increase the stretch, use your hands to apply downward pressure to your thigh.

