

Robert Spang, M.D.

1 Orthopedics Drive
2nd Floor
Peabody, MA 01960
(978) 818-6350

30 Tozer Road
Suite 201
Beverly, MA 01915
(978) 818-6350

www.sportsmednorth.com

Total and Partial Knee Replacement

● = Do exercise for that week

Initial Exercises	WEEK	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Extension/Flexion – wall slides		●	●	●	●	●	●	●	●	●	●				
Extension/Flexion – sitting		●	●	●	●	●	●	●	●	●	●				
Quad sets with straight leg raises		●	●	●	●	●	●								
Patellar Mobilizations/quad-patellar tendon		●	●	●	●	●	●	●	●	●	●				
Hamstring sets		●	●	●	●	●	●								
Ankle pumps		●	●	●	●										
Sit and reach for hamstrings (towel)		●	●	●	●	●	●	●	●	●	●	●	●	●	●
Runners stretch for calf and achilles				●	●	●	●	●	●	●	●	●	●	●	●
Stork stand / quad stretching															
Toe and heel raises		●	●	●	●	●	●								
1/3 knee bends					●	●	●								
Cardiovascular Exercises		1	2	3	4	5	6	7	8	9	10	13	17	21	25
Bike with single leg/single leg rowing		●	●	●	●	●	●								
Bike with both legs				●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging								●	●	●	●	●	●	●	●
Treadmill-incline 7-12%								●	●	●	●	●	●	●	●
Swimming with fins								●	●	●	●	●	●	●	●
Elliptical trainer										●	●	●	●	●	●
Rowing												●	●	●	●
Stair stepper												●	●	●	●
Resisted Exercises		1	2	3	4	5	6	7	8	9	10	13	17	21	25
Double knee bends								●	●	●	●				
Carpet drags								●	●	●	●				
Gas pedal								●	●	●	●				
Leg press - double leg										●	●	●	●	●	●
Single knee bends											●	●	●	●	●
Balance squats											●	●	●	●	●
Forward/backward jogging											●	●	●	●	●
Side to side lateral agility												●	●	●	●
Agility Exercises		1	2	3	4	5	6	7	8	9	10	13	17	21	25
Running progression															
Initial												●	●	●	●
Advanced													●	●	●
Functional Sports Test													●	●	●
High Level Activities		1	2	3	4	5	6	7	8	9	10	13	17	21	25
(After cleared by Physician)															
Golf												●	●	●	●
Running															
Skiing, basketball, tennis, football, soccer														●	●