Intermountain Healthcare

Total Knee Exercises

Why should I exercise my knee?

Doing the exercises in this handout will strengthen the muscles that support your knee to help you recover from
knee replacement surgery.

How should I exercise?

Do the exercises selected by your physical therapist in the right phase (1, 2, or 3) for your stage of recovery. Do the exercises with both your legs, exactly as you were taught. Do the best you can without getting to the point of severe pain.

Tracking your exercises

What is a set? What is a rep?

Exercise is often measured in repetitions (sometimes called reps) and sets.

- A repetition (or rep) is doing an exercise movement once.
- A set is a certain number of reps. For example, a set might be 10 reps.

You can keep track of the sets and reps you do for each exercise in the chart below.

Date	Exercise	Sets	Reps	Exercise	Sets	Reps