

# TOTAL KNEE REPLACEMENT EXERCISES

## Quad Sets – Knee Extension



**Sit in supportive chair, tightening muscle on front of thigh, press knee down toward the floor.  
Hold for 5 to 10 seconds, then relax. Repeat 10 times, 4 times daily. Do not hold breath.**

---

**Chair exercises have been demonstrated to me and I have performed them satisfactorily in the office today.**

**I will perform them as instructed 4 times a day.**

**Name** \_\_\_\_\_ **(printed)**

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

# TOTAL KNEE REPLACEMENT EXERCISES

## Chair Slides – Knee flexion



**Sit in chair with knees bent and feet flat on the floor.  
Slide buttocks toward the edge of the chair without moving feet.  
Hold 5 to 10 seconds, repeat 10 times. Do 4 times daily. Do not hold  
breath.**

**F**