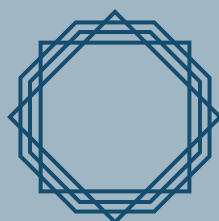


# SportPRO Physical Therapy

**Get back to doing what you love.**



# Why PreHab?

## Improved Muscle Function

When you maximize the efficiency in your muscles, particularly those around the knee, your atrophy (muscle weakness) will greatly decrease and recovery time will improve.

## Greater Knowledge

Not only will you strengthen your muscles but you will also increase your knowledge in correct rehabilitation methods which will be invaluable post-surgery and improve your overall recovery due to better understanding the rehabilitation process.

## Decreased Anxiety

Having surgery is no simple feat. Most people enter with a variety of fears. By completing a prehab program you will gain confidence in your knowledge about the rehab exercises which will play a big part in reducing your overall stress.





# SPORTPRO PHYSICAL THERAPY CLINIC

## TKR PREHAB HOME PROGRAM

The exercises are divided into 3 different categories: neuromuscular, strength, and mobility.

Neuromuscular - improves the activation of the muscle fibers to help your muscle begin to gain strength

Strength - over time strength training will reverse atrophy (muscles shrinking) and provide joint stability and function.

Mobility - improves tissue and joint flexibility to allow freedom in movement.

**IMPORTANT: ALWAYS** make sure exercises and movements are **PAIN FREE.**

## EXERCISES 1-3



### Quad Sets w/ Heel Prop Neuromuscular

WHILE SITTING, TIGHTEN YOUR TOP THIGH MUSCLE TO PRESS THE BACK OF YOUR KNEE DOWNWARD TOWARDS THE GROUND. YOU SHOULD FEEL A GENTLE STRETCH IN THE BACK OF YOUR KNEE.

**3 SETS OF 10**

### Prone Quad Stretch Mobility

LIE DOWN FLAT ON YOUR STOMACH. WRAP A STRAP (BELT, TOWEL, DOG LEASH) AROUND THE TOP OF ONE OF YOUR FEET AND PULL THE STRAP ACROSS YOUR OPPOSITE SHOULDER SO THAT YOUR KNEE STARTS TO CURL UP TO YOUR BODY. PULL UNTIL A STRETCH IS FELT ACROSS THE FRONT OF YOUR THIGH.

**3 SETS HOLDING 20 SECONDS**

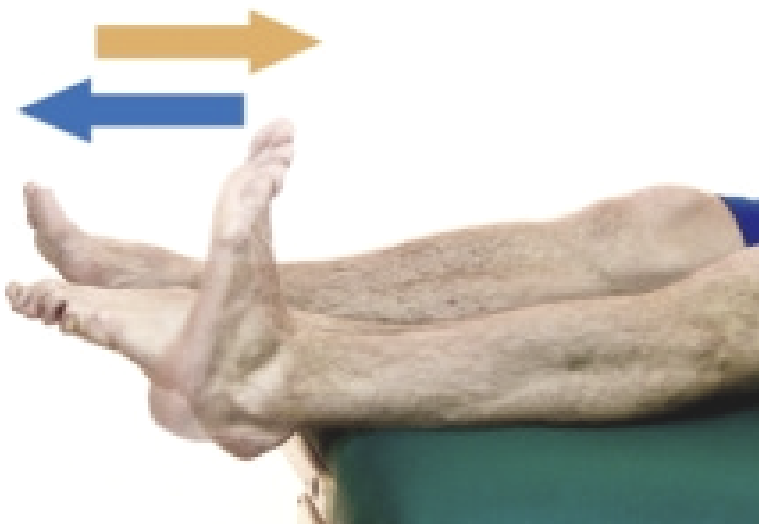


### Ankle Pumps

#### Mobility

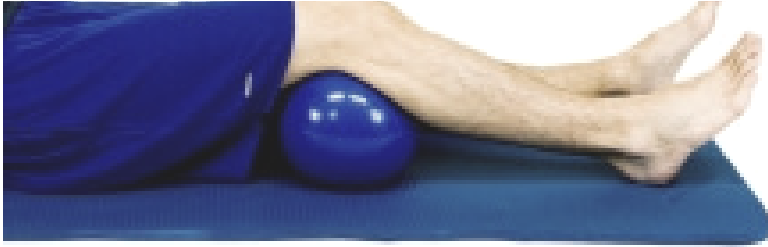
BEND YOUR FOOT UP AND DOWN AT YOUR ANKLE JOINT AS SHOWN.

**3 SETS OF 10**



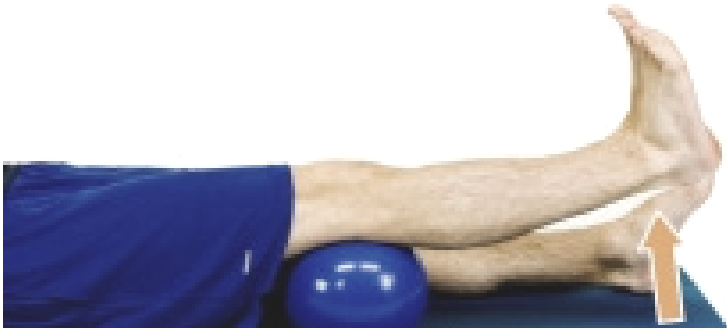


## EXERCISES 4-6



### Short Arc Quad Neuromuscular

PLACE A ROLLED UP TOWEL OR OBJECT UNDER YOUR KNEE AND SLOWLY STRAIGHTEN YOUR KNEE AS YOU RAISE UP YOUR FOOT.



**3 SETS OF 10**

### Heel Slides Neuromuscular

LYING ON YOUR BACK WITH KNEES STRAIGHT, SLIDE THE AFFECTED HEEL TOWARDS YOUR BUTTOCK AS YOU BEND YOUR KNEE.

HOLD A GENTLE STRETCH IN THIS POSITION AND THEN RETURN TO ORIGINAL POSITION.

**3 SETS OF 10**



### Long Arc Quad Strength

WHILE SEATED WITH YOUR KNEE IN A BENT POSITION, SLOWLY STRAIGHTEN YOUR KNEE AS YOU RAISE YOUR FOOT UPWARDS AS SHOWN.

**3 SETS OF 10**

## EXERCISES 7-9



### Hamstring Curls Strength

WHILE STANDING, BEND YOUR KNEE SO THAT YOUR HEEL MOVES TOWARDS YOUR BUTTOCK.

**3 SETS OF 10**

### Seated Hamstring Stretch Mobility

WHILE SEATED, REST YOUR HEEL ON THE FLOOR WITH YOUR KNEE STRAIGHT AND GENTLY LEAN FORWARD UNTIL A STRETCH IS FELT BEHIND YOUR KNEE/THIGH

**3 SETS HOLDING 20 SECONDS**



### Standing Calf Stretch Mobility

WHILE STANDING AND LEANING AGAINST A WALL, PLACE ONE FOOT BACK BEHIND YOU AND BEND THE FRONT KNEE UNTIL A GENTLE STRETCH IS FELT ON THE BACK OF THE LOWER LEG. YOUR BACK KNEE SHOULD BE STRAIGHT THE ENTIRE TIME.

**3 SETS HOLDING 20 SECONDS**