

## Physical Therapy Exercises Following Knee Replacement Surgery

Exercise is essential following Joint Replacement Surgery and it essential the movements and bending illustrated below be used as often as possible:



Cleaning the Kitchen, including the dishes is great therapy and should be repeated as often as necessary - Note the Rubber Band can be used at the same time as shown on the right



The Vacuum cleaner and the lawn mower also Provide Great



exercise - Back and forth motions are best and these exercises should be done as often as required or as directed by the Husband.



Sweeping the Patio and Taking out the Trash is also great exercise - You can even use the walker the first couple weeks following the surgery.



Shopping is also a great source of exercise - use those Arm and leg movements to strengthen those joints.

If Questions arise concerning these exercises please Call **Last Choice PT** where are **Motto** is "housework therapy works every time"

