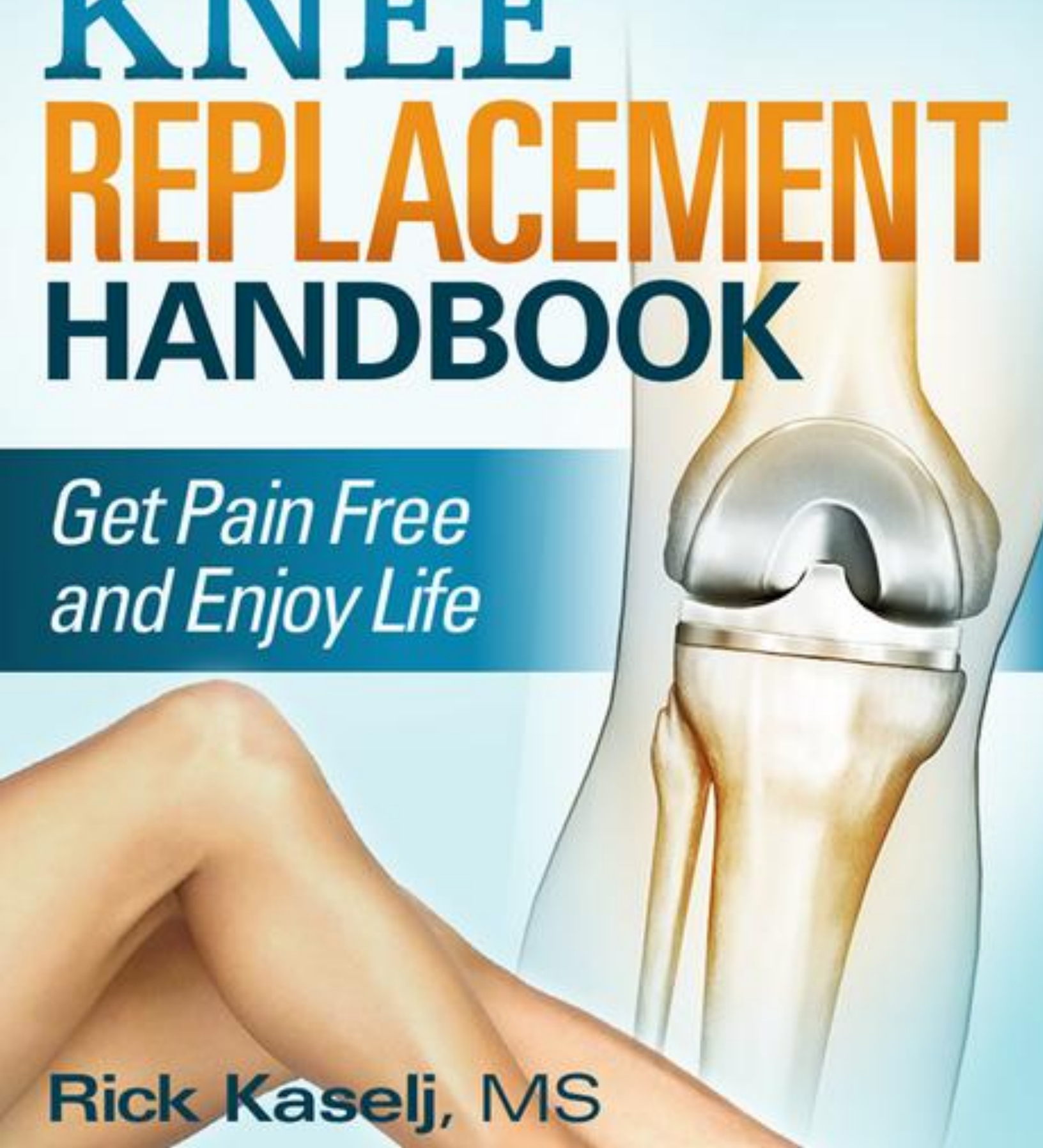


# KNEE REPLACEMENT HANDBOOK

*Get Pain Free  
and Enjoy Life*

**Rick Kaselj, MS**



# Table of Contents

<b>Table of Contents .....</b>	<b>2</b>
<i>Exercise Considerations .....</i>	<i>5</i>
<i>Disclaimer.....</i>	<i>5</i>
<i>Preface .....</i>	<i>6</i>
<b>IMPORTANT INFORMATION – <u>STOP AND READ</u> .....</b>	<b>7</b>
Knee Replacement Handbook – Stage 1 .....	8
Stage 1 – Exercises .....	8
Stage 1 – Exercise Table .....	9
Knee Replacement Handbook – Stage 2 .....	11
Stage 2 – Exercises .....	11
Stage 2 – Exercise Table .....	13
Knee Replacement Handbook – Stage 3 .....	15
Stage 3 – Exercises .....	15
Stage 3 – Exercise Table .....	16
Exercise Legend.....	18
Equipment Needed.....	18
Stage 1 – Knee Replacement .....	19
EXERCISE #1: Stationary Bike (1198) .....	19
EXERCISE #2: Tighten Quads on Back (1246) .....	20
EXERCISE #3: Ankle Pumps on Back (1250) .....	21
EXERCISE #4: Heel to Seat on Stomach (1253).....	22
EXERCISE #5: Leg Kicks on a Towel (1257) .....	23
EXERCISE #6: Seat Squeezes (1271) .....	24
EXERCISE #7: Heel Into Floor (1275).....	25
EXERCISE #8: Forward Transfer (1279).....	26
Stage 2 – Knee Replacement Handbook .....	27
EXERCISE #9: Rowing Machine (1285).....	27
EXERCISE #10: Tighten Quads on Back with Heel on Towel (1247) .....	28
EXERCISE #11: Tighten Quads in Sitting (1248) .....	29
EXERCISE #12: Ankle Pumps in Sitting (1251).....	30

EXERCISE #13: Heel to Seat on Back with Towel (1254) .....	31
EXERCISE #14: Heel to Seat in Sitting (1255) .....	32
EXERCISE #15: Straight Leg Raises on Back (1258) .....	33
EXERCISE #16: Isometric Leg Extension in Sitting (1259) .....	34
EXERCISE #17: Chair Lifts (1272) .....	35
EXERCISE #18: Bridging (1274) .....	36
EXERCISE #19: Knee Bent Heel Into Floor (1276) .....	37
EXERCISE #20: Isometric Leg Curl in Sitting (1277) .....	38
EXERCISE #21: Backward Transfer (1280) .....	39
EXERCISE #22: Side Transfer (1281) .....	40
Stage 3 – Knee Replacement .....	41
EXERCISE #23: Tighten Quads in Standing (1249) .....	41
EXERCISE #24: Toe Raises in Sitting (1252) .....	42
EXERCISE #25: Heel to Seat with Ball (1256) .....	43
EXERCISE #26: Sitting Leg Kicks (1260) .....	44
EXERCISE #27: Sitting Towel Leg Press (1270) .....	45
EXERCISE #28: Stair Step Up (1273) .....	46
EXERCISE #29: Standing Heel to Seat (1278) .....	47
EXERCISE #30: Single Leg Balance (1282) .....	48
<b>References and Best Resources .....</b>	<b>49</b>
<b>FAQ – Frequently Asked Questions .....</b>	<b>52</b>
How often can I do these exercises? .....	52
Where are the passwords to the videos? .....	52
The password for the videos did not work? .....	52
What if I have a problem or a question? .....	52
Where are my download details for the product? .....	52
Where is your email with the download details? .....	52
Make sure to add news@ExercisesForInjuries.com to your email program .....	52
What if I unsubscribe from your emails? .....	52
What will appear on my credit card for this purchase? .....	52
Will I get anything in the mail? .....	52
<b>About Rick Kaselj .....</b>	<b>53</b>

About Healing Through Movement .....	55
Other Products from Rick Kaselj .....	58
Ready-to-Download Video Presentations from Rick Kaselj.....	60

**Title:**

Knee Replacement Handbook

**Edition:**

1st Edition (May 2013)

**Author:** Kaselj, Rick, 1973 –

**Key words:** Knee Replacement, Total Knee Replacement

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**Published by:****RK Healing Through Movement**

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## ***Exercise Considerations***

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

## ***Disclaimer***

***Knee Replacement Handbook*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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**Rick Kaselj**, MS, BSc, PK, CPT, CEP, CES

<http://www.KneeReplacementHandbook.com/>

### **Preface**

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### **Pass this Book On**

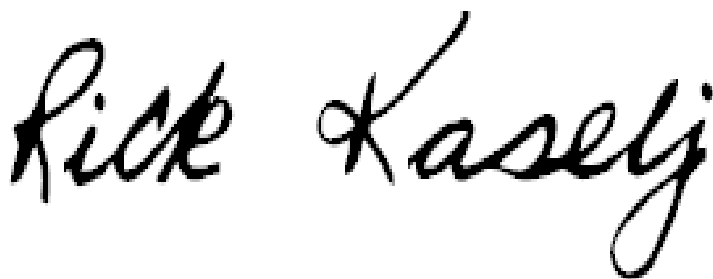
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) and I will refund your money.

#### **Contact Me**

Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.

A large, stylized handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style with a large, prominent 'K'.

## IMPORTANT INFORMATION – STOP AND READ



Before you go on, please watch the video presentation that goes with this exercise manual.






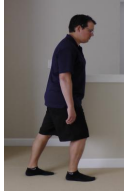
The video presentation provides much more detail about the program.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.



## Knee Replacement Handbook – Stage 1

### Stage 1 – Exercises

 <p><b>#1 – Stationary Bike (1198)</b></p>	 <p><b>#2 – Tighten Quads on Back (1246)</b></p>	 <p><b>#3 – Ankle Pumps on Back (1250)</b></p>
 <p><b>#4 – Heel to Seat on Stomach (1253)</b></p>	 <p><b>#5 – Leg Kicks on a Towel (1257)</b></p>	 <p><b>#6 – Seat Squeezes (1271)</b></p>
 <p><b>#7 – Heel Into Floor (1275)</b></p>	 <p><b>#8 – Forward Transfer (1279)</b></p>	



## Stage 1 – Exercise Table

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular	1	1198	Stationary Bike	<a href="https://vimeo.com/62837112">https://vimeo.com/62837112</a>	HIS727	Perform 5 minutes of this exercise.
#2 - Knee Extension	2	1246	Tighten Quads on Back	<a href="https://vimeo.com/65183779">https://vimeo.com/65183779</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
#3 - Ankle Mobility	3	1250	Ankle Pumps on Back	<a href="https://vimeo.com/65183780">https://vimeo.com/65183780</a>	krh179	1 set of 5 repetitions
#4 - Knee Flexion	4	1253	Heel to Seat on Stomach	<a href="https://vimeo.com/65255712">https://vimeo.com/65255712</a>	krh179	1 set of 5 repetitions
#5 - Quad Strengthening	5	1257	Leg Kicks on a Towel	<a href="https://vimeo.com/65184778">https://vimeo.com/65184778</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
#6 - Gluteus Maximus Strengthening	6	1271	Seat Squeezes	<a href="https://vimeo.com/65255944">https://vimeo.com/65255944</a>	krh179	1 set of 5 repetitions with each held for 2 seconds

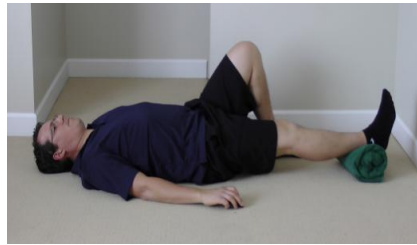
<b>#7 - Hamstring Strengthening</b>	7	1275	Heel Into Floor	<a href="https://vimeo.com/65185048">https://vimeo.com/65185048</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#8 - Transfer</b>	8	1279	Forward Transfer	<a href="https://vimeo.com/65185050">https://vimeo.com/65185050</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#9 - Ice</b>			- 10 to 20 minutes - 2 to 6 times a day			

## Knee Replacement Handbook – Stage 2

### Stage 2 – Exercises



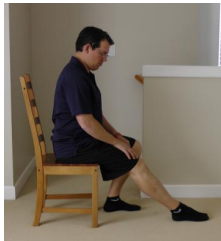
#9 – Rowing Machine (1285)



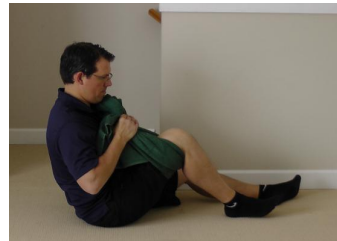
#10 – Tighten Quads on Back with Heel on Towel (1247)



#11 – Tighten Quads in Sitting (1248)



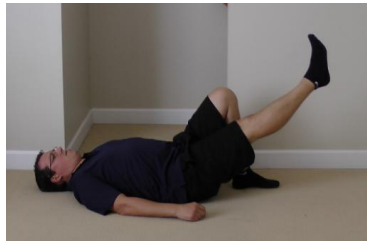
#12 – Ankle Pumps in Sitting (1251)



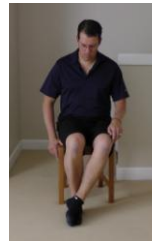
#13 – Heel to Seat on Back with Towel (1254)



#14 – Heel to Seat in Sitting (1255)



#15 – Straight Leg Raises on Back (1258)



#16 – Isometric Leg Extension in Sitting (1259)



#17 – Chair Lifts (1272)



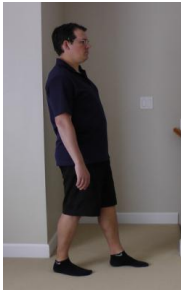
**#18 – Bridging (1274)**



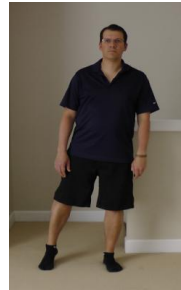
**#19 – Knee Bent Heel Into Floor (1276)**



**#20 – Isometric Leg Curl in Sitting (1277)**



**#21 – Backward Transfer (1280)**



**#22 – Side Transfer (1281)**

## Stage 2 – Exercise Table

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

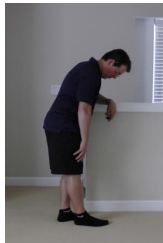
This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular	9	1285	Rowing Machine	<a href="https://vimeo.com/65643251">https://vimeo.com/65643251</a>	krh179	Perform 5 minutes of this exercise.
#2 - Knee Extension	10	1247	Tighten Quads on Back with Heel on Towel	<a href="https://vimeo.com/65183777">https://vimeo.com/65183777</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
	11	1248	Tighten Quads in Sitting	<a href="https://vimeo.com/65255708">https://vimeo.com/65255708</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
#3 - Ankle Mobility	12	1251	Ankle Pumps in Sitting	<a href="https://vimeo.com/65184294">https://vimeo.com/65184294</a>	krh179	1 set of 5 repetitions
#4 - Knee Flexion	13	1254	Heel to Seat on Back with Towel	<a href="https://vimeo.com/65184297">https://vimeo.com/65184297</a>	krh179	1 set of 5 repetitions
	14	1255	Heel to Seat in Sitting	<a href="https://vimeo.com/65184296">https://vimeo.com/65184296</a>	krh179	1 set of 5 repetitions
#5 - Quad Strengthening	15	1258	Straight Leg Raises on Back	<a href="https://vimeo.com/65184776">https://vimeo.com/65184776</a>	krh179	1 set of 5 repetitions with each held for 2 seconds

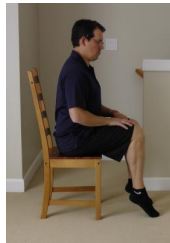
	16	1259	Isometric Leg Extension in Sitting	<a href="https://vimeo.com/65255943">https://vimeo.com/65255943</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#6 - Gluteus Maximus Strengthening</b>	17	1272	Chair Lifts	<a href="https://vimeo.com/65256960">https://vimeo.com/65256960</a>	krh179	1 set of 5 repetitions
	18	1274	Bridging	<a href="https://vimeo.com/65184777">https://vimeo.com/65184777</a>	krh179	1 set of 5 repetitions
<b>#7 - Hamstring Strengthening</b>	19	1276	Knee Bent Heel Into Floor	<a href="https://vimeo.com/65643252">https://vimeo.com/65643252</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
	20	1277	Isometric Leg Curl in Sitting	<a href="https://vimeo.com/65185049">https://vimeo.com/65185049</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#8 – Transfer</b>	21	1280	Backward Transfer	<a href="https://vimeo.com/65185051">https://vimeo.com/65185051</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
	22	1281	Side Transfer	<a href="https://vimeo.com/65185169">https://vimeo.com/65185169</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#9 - Ice</b>			- 10 to 20 minutes - 2 to 6 times a day			

## Knee Replacement Handbook – Stage 3

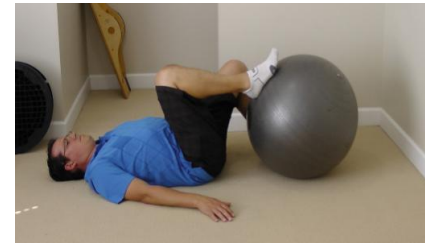
### Stage 3 – Exercises



#23 – Tighten Quads in Standing (1249)



#24 – Toe Raises in Sitting (1252)



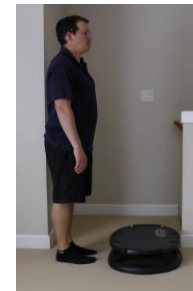
#25 – Heel to Seat with Ball (1256)



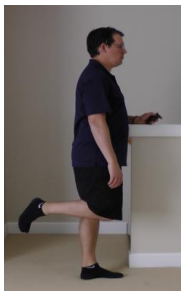
#26 – Sitting Leg Kicks (1260)



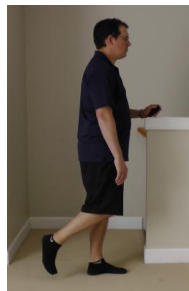
#27 – Sitting Towel Leg Press (1270)



#28 – Stair Step Up (1273)



#29 – Standing Heel to Seat (1278)



#30 – Single Leg Balance (1282)



### Stage 3 – Exercise Table

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular						
#2 - Knee Extension	23	1249	Tighten Quads in Standing	<a href="https://vimeo.com/65183778">https://vimeo.com/65183778</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
#3 - Ankle Mobility	24	1252	Toe Raises in Sitting	<a href="https://vimeo.com/65184295">https://vimeo.com/65184295</a>	krh179	1 set of 5 repetitions
#4 - Knee Flexion	25	1256	Heel to Seat with Ball	<a href="https://vimeo.com/65643253">https://vimeo.com/65643253</a>	krh179	1 set of 5 repetitions
#5 - Quad Strengthening	26	1260	Sitting Leg Kicks	<a href="https://vimeo.com/65255710">https://vimeo.com/65255710</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
	27	1270	Sitting Towel Leg Press	<a href="https://vimeo.com/65255709">https://vimeo.com/65255709</a>	krh179	1 set of 5 repetitions
#6 - Gluteus Maximus Strengthening	28	1273	Stair Step Up	<a href="https://vimeo.com/65184775">https://vimeo.com/65184775</a>	krh179	1 set of 5 repetitions

<b>#7 - Hamstring Strengthening</b>	29	1278	Standing Heel to Seat	<a href="https://vimeo.com/65255947">https://vimeo.com/65255947</a>	krh179	1 set of 5 repetitions with each held for 2 seconds
<b>#8 - Transfer</b>	30	1282	Single Leg Balance	<a href="https://vimeo.com/65185170">https://vimeo.com/65185170</a>	krh179	1 set of 5 repetitions with each held for 2 seconds

### Exercise Legend

*Below are definitions of what each category is and what it means.*

**Name of the exercise:** The common name used for the exercise.

**Purpose of this exercise:** What the exercise is targeting and what the goal of the exercise is.

**Starting position:** What position you need to set your body into before starting the exercise.

**How to do this exercise:** The key steps in performing the exercise safely and for maximum results.

**Progression:** What the next step is when the exercise is too easy.

**Contraindications & Common Mistakes:** Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

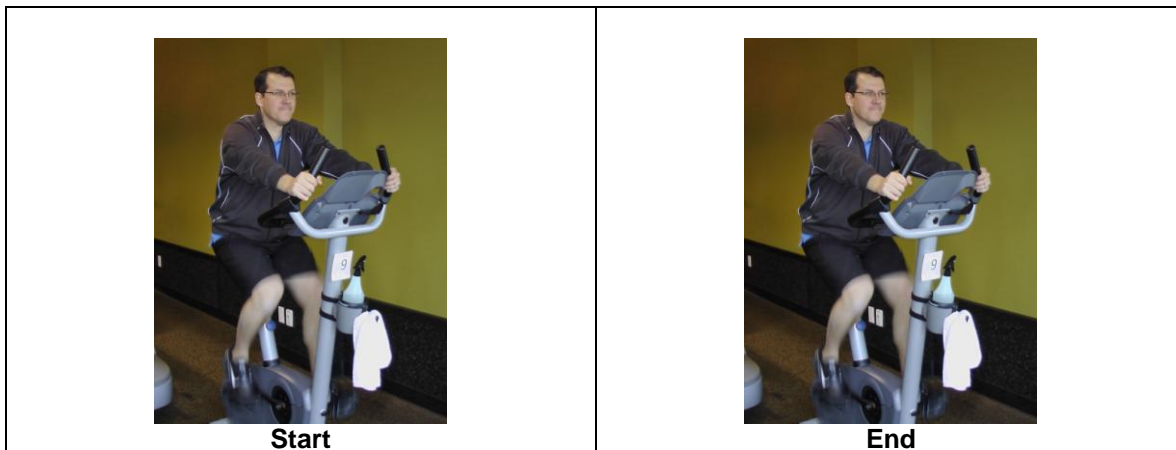
### Equipment Needed

*Here is a list of equipment that you will need for the exercises:*

- Bodyweight
- Chair
- Towel
- Step
- Wall
- Stability Ball
- Stationary Bike
- Rowing Machine

## Stage 1 – Knee Replacement

### EXERCISE #1: Stationary Bike (1198)



<b>Purpose:</b>	To improve range of motion in the knee.
<b>Starting Position:</b>	Begin with sitting on a stationary bike.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Begin cycling on the machine with a focus on improving movement in the knee compared to have hard or fast you are going.</li> <li>2. Perform this exercise for 5 minutes.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 minutes</li> <li>- Increase the intensity your cycling</li> <li>- Progress to 1285 Rowing Machine</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/62837112">https://vimeo.com/62837112</a> / Password: HIS727	

## EXERCISE #2: Tighten Quads on Back (1246)



<b>Purpose:</b>	To improve knee extension (straightening of the knee.).
<b>Starting Position:</b>	Begin by lying on the ground with replaced leg as straight as you can.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract the quads of the leg with the knee replacement, trying to move further into knee extension.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1247 Tighten Quads on Back with Heel on Towel</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65183779">https://vimeo.com/65183779</a> / Password: krh179	

### EXERCISE #3: Ankle Pumps on Back (1250)



<b>Purpose:</b>	To improve movement in the ankle.
<b>Starting Position:</b>	Begin by lying on the ground with your knee replaced leg as straight as you can.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move the top of your foot as far as it will go towards your shin.</li> <li>2. Hold this position for a second.</li> <li>3. Then point your foot as far forward as it will go.</li> <li>4. Perform 1 set of 5 repetitions on each side, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to the exercises 1251 Ankle Pumps in Sitting</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65183780">https://vimeo.com/65183780</a> / Password: krh179	

## EXERCISE #4: Heel to Seat on Stomach (1253)



<b>Purpose:</b>	To improve knee flexion (bending of knee).
<b>Starting Position:</b>	Begin by lying on your stomach with replaced leg as straight as you can.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move your heel towards your seat as far as you can go.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1254 Heel to Seat on Back with Towel</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255712">https://vimeo.com/65255712</a> / Password: krh179	



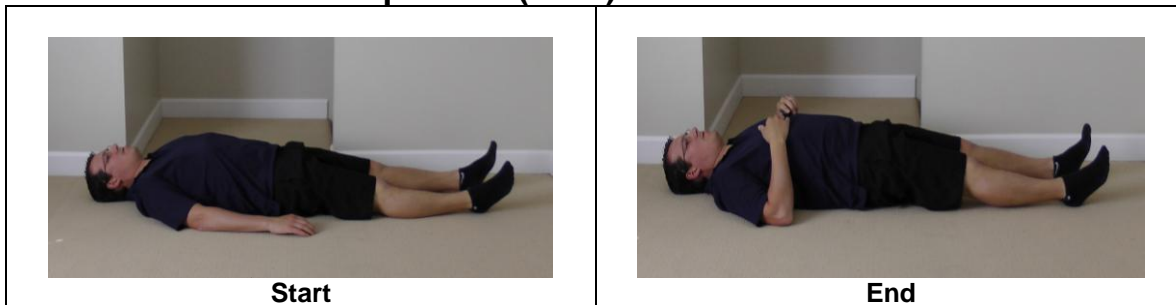
## EXERCISE #5: Leg Kicks on a Towel (1257)



<b>Purpose:</b>	To improve the strength of the quadriceps (thigh muscles).
<b>Starting Position:</b>	Start in a sitting position with your knee replaced leg straight and resting on a rolled up towel, which is just above your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your thigh and lift your heel off the ground.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1258 Straight Leg Raises on Back</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>

Video of this exercise: <https://vimeo.com/65184778> / Password: krh179

## EXERCISE #6: Seat Squeezes (1271)



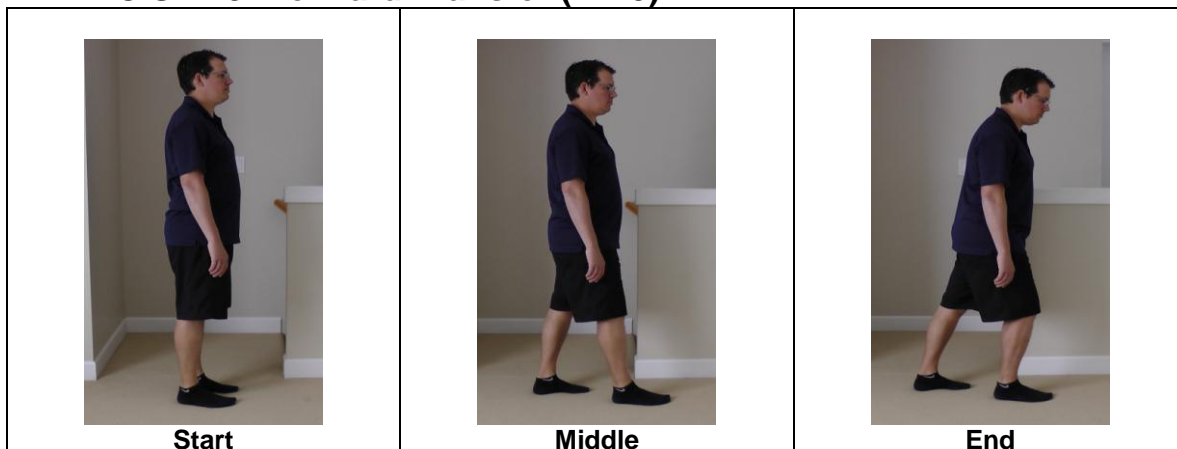
<b>Purpose:</b>	To improve the strength of the gluteus maximus (seat muscles).
<b>Starting Position:</b>	Start by lying on the ground.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your seat about 50% of maximum.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 75% of maximum</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1272 Chair Lifts</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255944">https://vimeo.com/65255944</a> / Password: krh179	

## EXERCISE #7: Heel Into Floor (1275)



<b>Purpose:</b>	To improve the strength of the hamstrings (opposite to the thigh muscle).
<b>Starting Position:</b>	Start by lying on the ground.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Press your heel into the ground about 50% of maximum.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 75% of maximum</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1276 Knee Bent Heel Into Floor</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185048">https://vimeo.com/65185048</a> / Password: krh179	

## EXERCISE #8: Forward Transfer (1279)



<b>Purpose:</b>	To improve balance in the leg.
<b>Starting Position:</b>	Start by standing with your knee replacement leg half a stride forward.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Shift about 75% of your body weight onto the front leg.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 80% to 90%</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1280 Backward Transfer</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185050">https://vimeo.com/65185050</a> / Password: krh179	

## Stage 2 – Knee Replacement Handbook

### EXERCISE #9: Rowing Machine (1285)



Start



End

<b>Purpose:</b>	To improve range of motion in the knee.
<b>Starting Position:</b>	Begin with sitting on a rowing machine at a level that you knee can bend, pain-free.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Straighten the legs and pull back on the handle in a controlled manner.</li> <li>2. Then return back to the start.</li> <li>3. Perform this exercise for 5 minutes.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 minutes</li> <li>- Increase the intensity your rowing</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65643251">https://vimeo.com/65643251</a> / Password: krh179	

## EXERCISE #10: Tighten Quads on Back with Heel on Towel (1247)



<b>Purpose:</b>	To improve knee extension (straightening of the knee).
<b>Starting Position:</b>	Begin by lying on the ground with replaced leg as straight as you can and a rolled towel under your heel.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract the quads of the leg with the knee replacement, trying to move the knee into more knee extension (down towards the floor).</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1249 Tighten Quads in Standing</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65183777">https://vimeo.com/65183777</a> / Password: krh179	

## EXERCISE #11: Tighten Quads in Sitting (1248)



<b>Purpose:</b>	To improve knee extension (straightening of the knee).
<b>Starting Position:</b>	Begin in sitting with replaced leg slightly straight out.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract the quads of the leg with the knee replacement, trying to move it further into knee extension.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1249 Tighten Quads in Standing</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255708">https://vimeo.com/65255708</a> / Password: krh179	



## EXERCISE #12: Ankle Pumps in Sitting (1251)



**Start**

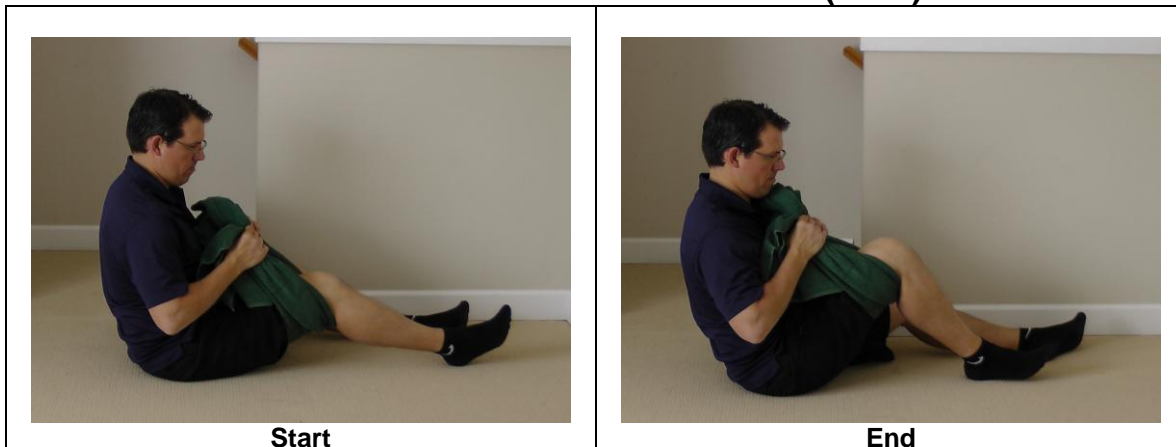


**End**

<b>Purpose:</b>	To improve movement in the ankle.
<b>Starting Position:</b>	Begin by sitting in a chair with your knee replaced leg as straight as you can.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move the top of your foot as far as it will go towards your shin.</li> <li>2. Hold this position for a second.</li> <li>3. Then point your foot as far forward as it will go.</li> <li>4. Perform 1 set of 5 repetitions on each side, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to the exercises 1252 Toe Raises in Sitting</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>

Video of this exercise: <https://vimeo.com/65184294> / Password: krh179

### EXERCISE #13: Heel to Seat on Back with Towel (1254)



<b>Purpose:</b>	To improve knee flexion (bending of knee).
<b>Starting Position:</b>	Begin by sitting on the floor with a towel looped behind your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Pull your knee towards your chest while your heel lightly slides along the floor.</li> <li>2. Stop at the point that you can comfortably bring your knee to chest.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1256 Heel to Seat with Ball</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65184297">https://vimeo.com/65184297</a> / Password: krh179	

## EXERCISE #14: Heel to Seat in Sitting (1255)



<b>Purpose:</b>	To improve knee flexion (bending of knee).
<b>Starting Position:</b>	Begin by sitting on a chair with the replaced leg as straight as you can.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move your heel towards your seat as far as you can go while letting your foot slide along the floor.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1256 Heel to Seat with Ball</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65184296">https://vimeo.com/65184296</a> / Password: krh179	

## EXERCISE #15: Straight Leg Raises on Back (1258)



<b>Purpose:</b>	To improve the strength of the quadriceps (thigh muscles).
<b>Starting Position:</b>	Start by lying on your back and your knee replaced leg straight.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your thigh and lift your leg off the ground to about 30 degrees.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Lift your leg to 45 degrees</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1260 Sitting Leg Kicks</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>

Video of this exercise: <https://vimeo.com/65184776> / Password: krh179

### EXERCISE #16: Isometric Leg Extension in Sitting (1259)



<b>Purpose:</b>	To improve the strength of the quadriceps (thigh muscles).
<b>Starting Position:</b>	Start in a sitting position with your knee replaced bent to 90 degrees and the other leg in front of it at the ankle.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your thigh and press the knee replacement leg into the other leg at the ankle.</li> <li>2. Begin at a force of 25% of your maximum.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 50% to 75% of maximum</li> <li>- Increase to 5 second hold</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1270 Sitting Towel Leg Press</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255943">https://vimeo.com/65255943</a> / Password: krh179	

## EXERCISE #17: Chair Lifts (1272)



<b>Purpose:</b>	To improve the strength of the gluteus maximus (seat muscles).
<b>Starting Position:</b>	Start in a sitting position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Use your legs to lift yourself half way out of the chair.</li> <li>2. Hold that position for 2 seconds and then return back into the chair.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1273 Stair Step Up</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65256960">https://vimeo.com/65256960</a> / Password: krh179	

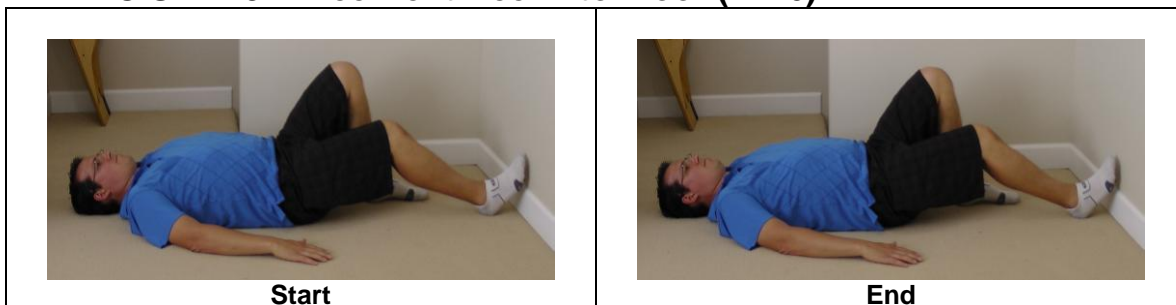
## EXERCISE #18: Bridging (1274)



<b>Purpose:</b>	To improve the strength of the gluteus maximus (seat muscles).
<b>Starting Position:</b>	Start by lying on your back with your knees bent.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Push through your heels and lift your seat a hand width off the ground.</li> <li>2. Hold that position for 2 seconds and then return back into the chair.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Increase the hold to 5 seconds</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1273 Stair Step Up</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65184777">https://vimeo.com/65184777</a> / Password: krh179	

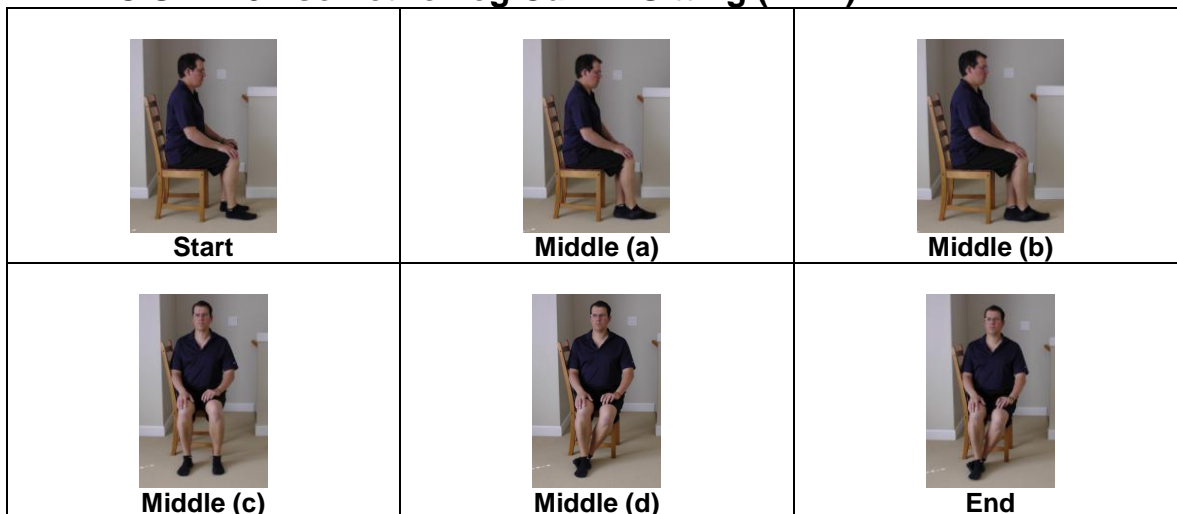


## EXERCISE #19: Knee Bent Heel Into Floor (1276)



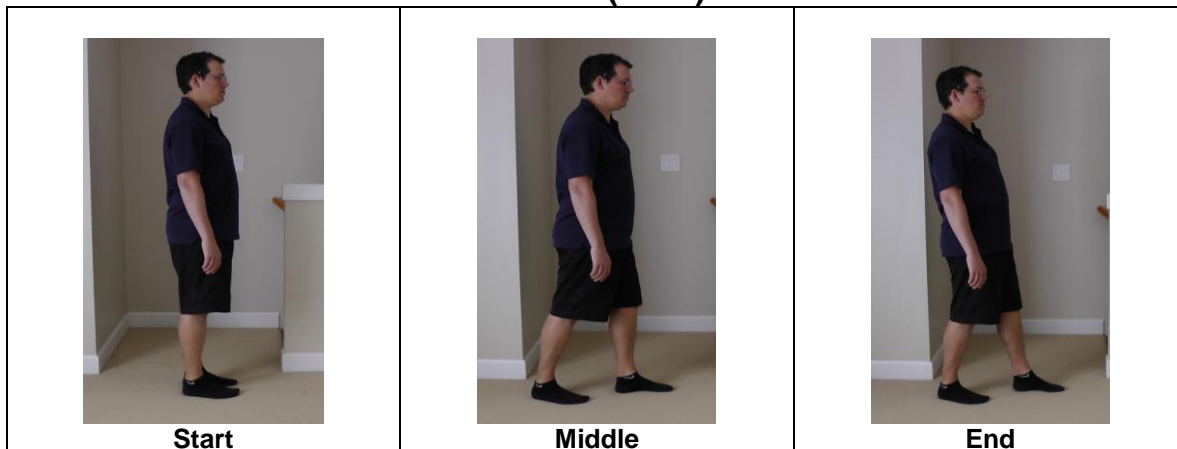
<b>Purpose:</b>	To improve the strength of the hamstrings (opposite to the thigh muscle).
<b>Starting Position:</b>	Start by lying on the ground with your knee replacement leg slightly bent.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>Press your heel into the ground about 50% of maximum.</li> <li>Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 75% of maximum</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1278 Standing Heel to Seat</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65643252">https://vimeo.com/65643252</a> / Password: krh179	

## EXERCISE #20: Isometric Leg Curl in Sitting (1277)



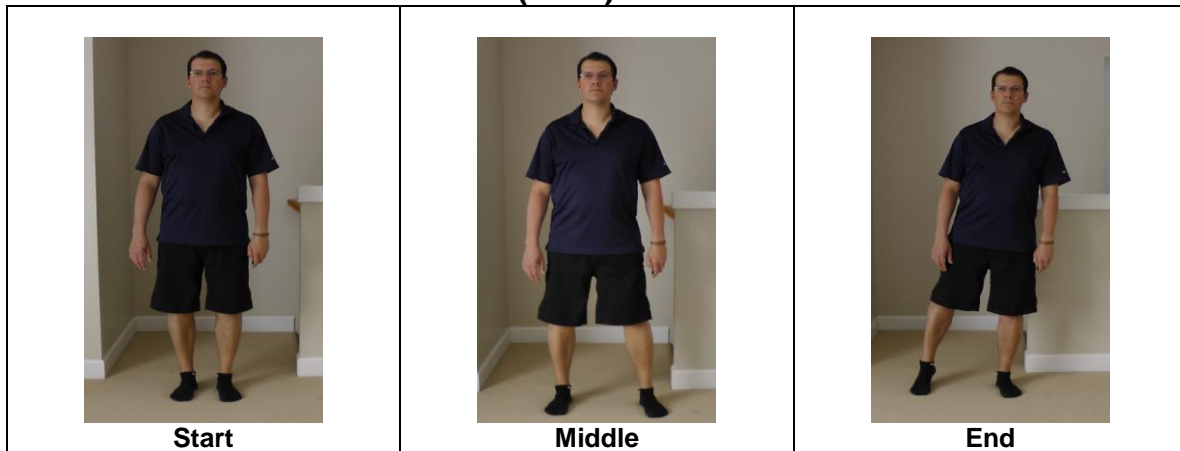
<b>Purpose:</b>	To improve the strength of the hamstrings (opposite to the thigh muscle).
<b>Starting Position:</b>	Start in a sitting position with your knee replaced bent to 90 degrees and the other leg behind it at the ankle.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your hamstring and pull the knee replacement leg into the other leg at the ankle.</li> <li>2. Begin at a force of 25% of your maximum.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 50% to 75% of maximum</li> <li>- Increase to 5 second hold</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1278 Standing Heel to Seat</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185049">https://vimeo.com/65185049</a> / Password: krh179	

## EXERCISE #21: Backward Transfer (1280)



<b>Purpose:</b>	To improve balance in the replaced leg.
<b>Starting Position:</b>	Start by standing with your knee replacement leg half a stride behind.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Shift about 75% of your body weight onto the back leg.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 80% to 90%</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1282 Single Leg Balance</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185051">https://vimeo.com/65185051</a> / Password: krh179	

## EXERCISE #22: Side Transfer (1281)



<b>Purpose:</b>	To improve balance in the replaced leg.
<b>Starting Position:</b>	Start by standing with your knee replacement leg half a stride to your side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Shift about 75% of your body weight onto the replaced leg.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 80% to 90%</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to exercise 1282 Single Leg Balance</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185169">https://vimeo.com/65185169</a> / Password: krh179	

## Stage 3 – Knee Replacement

### EXERCISE #23: Tighten Quads in Standing (1249)

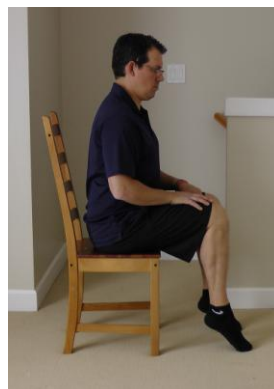


<b>Purpose:</b>	To improve knee extension (straightening of the knee).
<b>Starting Position:</b>	Begin in standing with most of your weight on your none replaced leg and your replaced knee slightly bent.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract the quads of the leg with the knee replacement, trying to move the knee into more knee extension (down towards the floor).</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65183778">https://vimeo.com/65183778</a> / Password: krh179	

## EXERCISE #24: Toe Raises in Sitting (1252)



**Start**



**End**

<b>Purpose:</b>	To improve movement in the ankle.
<b>Starting Position:</b>	Begin by sitting in a chair.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move onto your toes.</li> <li>2. Hold this position for a second.</li> <li>3. Then return back to the start.</li> <li>4. Perform 1 set of 5 repetitions on each side, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Progress to doing the movement in standing</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>

Video of this exercise: <https://vimeo.com/65184295> / Password: krh179

## EXERCISE #25: Heel to Seat with Ball (1256)



<b>Purpose:</b>	To improve knee flexion (bending of knee).
<b>Starting Position:</b>	Begin by sitting on the floor with your knee replaced knee on a ball.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>4. Pull your heel towards your seat, bending your knees as far as you can.</li> <li>5. Stop at the point that you can comfortably bring your knee to chest.</li> <li>6. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65643253">https://vimeo.com/65643253</a> / Password: krh179	

## EXERCISE #26: Sitting Leg Kicks (1260)

 <p><b>Start</b></p>	 <p><b>Middle (a)</b></p>
 <p><b>Middle (b)</b></p>	 <p><b>End</b></p>

<b>Purpose:</b>	To improve the strength of the quadriceps (thigh muscles).
<b>Starting Position:</b>	Start in a sitting position with your knees bent to 90 degrees and a hip width apart.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your thigh and straighten your legs out.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Increase to 5 second hold</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255710">https://vimeo.com/65255710</a> / Password: krh179	

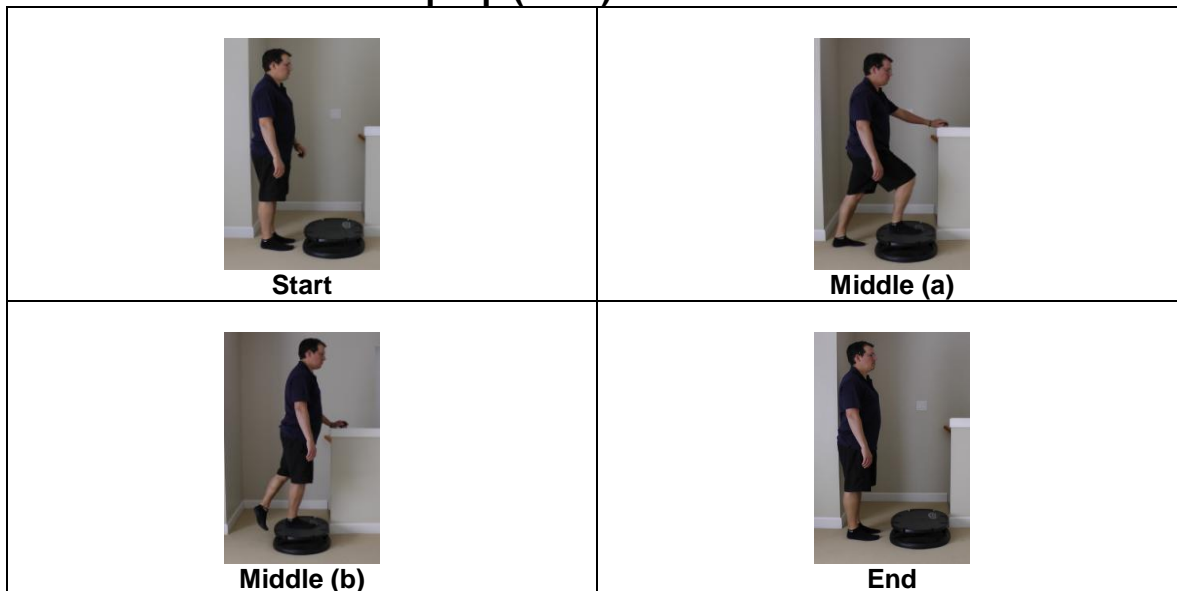


## EXERCISE #27: Sitting Towel Leg Press (1270)



<b>Purpose:</b>	To improve the strength of the quadriceps (thigh muscles).
<b>Starting Position:</b>	Start in a sitting position with your knee replaced bent and a towel wrapped around your foot.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your thigh and press the foot into the towel. Use your arms to slowly resist your leg from straightening out.</li> <li>2. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255709">https://vimeo.com/65255709</a> / Password: krh179	

## EXERCISE #28: Stair Step Up (1273)



<b>Purpose:</b>	To improve the strength of the gluteus maximus (seat muscles).
<b>Starting Position:</b>	Start in a sitting position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Step onto a step.</li> <li>2. Hold that position for 2 seconds and then return back to the starting position.</li> <li>3. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>-</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>

Video of this exercise: <https://vimeo.com/65184775> / Password: krh179

## EXERCISE #29: Standing Heel to Seat (1278)



<b>Purpose:</b>	To improve the strength of the hamstrings (opposite to the thigh muscle).
<b>Starting Position:</b>	Start in a standing position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your foot off the ground and move your heel to your seat.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> <li>- Add tubing or ankle weights to your foot</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65255947">https://vimeo.com/65255947</a> / Password: krh179	

### EXERCISE #30: Single Leg Balance (1282)



<b>Purpose:</b>	To improve balance in the replaced leg.
<b>Starting Position:</b>	Start in standing and your had on a walk for safety.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Stand on one leg.</li> <li>2. Perform 1 set of 5 repetitions with each held for 2 seconds, daily.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Increase the hold to 5 or 10 seconds</li> <li>- Progress to 10 repetitions</li> <li>- Progress to 2 to 3 sets</li> <li>- Progress to performing twice a day</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/65185170">https://vimeo.com/65185170</a> / Password: krh179	

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## FAQ – Frequently Asked Questions

### **How often can I do these exercises?**

You can do them every day, until you get the results you are looking for then you can move to doing them 3 times a week.

### **Where are the passwords to the videos?**

Passwords for the videos are in the Column Next to the URL.

### **The password for the videos did not work?**

The passwords are case sensitive (upper and lower case letters count) so make sure to type it in as it looks or copy and paste it. Plus this video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

### **What if I have a problem or a question?**

Please email me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). I will get back to you within 48 hours (2 business days). In your email make sure to include a copy of your receipt or order number.

### **Where are my download details for the product?**

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes. Some times it can take up to an hour.

### **Where is your email with the download details?**

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

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Please do add [news@ExercisesForInjuries.com](mailto:news@ExercisesForInjuries.com) to your email program. This will allow me to send you updates of the program and other cool stuff.

### **What if I unsubscribe from your emails?**

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

### **What will appear on my credit card for this purchase?**

What will appear on your credit card is a payment, either "Healing Thro" or "Clickbank".

### **Will I get anything in the mail?**

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.



## About Rick Kaselj

**Rick Kaselj**, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

## About Healing Through Movement



### *Healing Through Movement*

*Fitness • Rehabilitation • Presentations • Publications*

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

#### **How Healing Through Movement can help you:**

**Active Rehabilitation** – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

**Adaptive Fitness** – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

**Adventure Travel Presentations** – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

**Corrective Exercise** – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

**Endurance Training** – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

**Exercise Rehabilitation** – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

**Exercise Rehabilitation Courses** – Education and training for registered Kinesiologists,

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**Rick Kaselj**, MS, BSc, PK, CPT, CEP, CES  
<http://www.KneeReplacementHandbook.com/>

exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

**Expedition Training** – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

**Personal Training** – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

**Pool Therapy** – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

**Post Rehabilitation** – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

### **Where Healing Through Movement can meet you:**

**In Person** – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

**Phone/Online Training** – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

### **Founder of Healing Through Movement - Rick Kaselj**

**Rick Kaselj** is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com>.



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As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>

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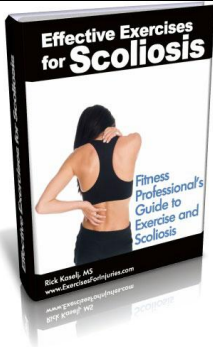


### Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

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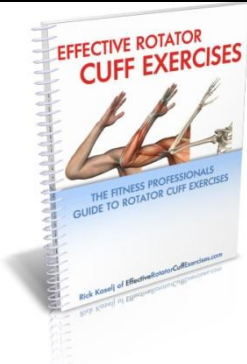


### **The Most Effective Exercises For Scoliosis (Earn 6 CECs)**

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



### **Effective Rotator Cuff Exercises (Earn 6 CECs)**

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a “must take” course for you.

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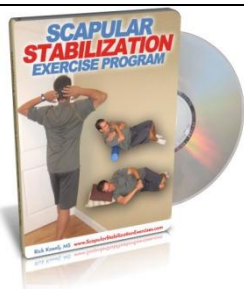
## **Interested in a Shoulder Injury Guide?**

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### Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



### Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

For more details visit - <http://SacroiliacPainSolution.com/>



### Shoulder Pain Solved

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For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



### Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - [http://exerciseforinjuries.com/lumbar\\_fusion\\_exercises/](http://exerciseforinjuries.com/lumbar_fusion_exercises/)





### Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



### Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

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