

Maintaining Your Knee Precautions

These exercises are prescribed to help you strengthen and support your new joint. Your specific program will be started with your therapist and should be continued at home. Your doctor and therapist will tailor the exercise routine according to your special needs.

Always remember:

1. the important positions to avoid (see precautions section of this book).
2. when and how much weight you can put on your leg.
3. to use the equipment that we order for you to maintain your precautions.
4. the importance of full knee extension and bending exercises.