

Bronson Home Exercise Tracker after Knee Replacement Surgery

You should complete 10 minutes of exercise per hour and then take a rest for the remainder of the hour.

Our goal is for you to exercise frequently throughout the day for short amounts of time.

Each hour rotate through 1 of the 4 activities. Each activity group should be about 10 minutes of activity per hour and then rest the remainder of the hour.

You should make it through 3 sets of each activity by the end of the day.

Activity	To Do List	Day 1 _/_	Day 2 _/_	Day 3 _/_	Day 4 _/_	Day 5 _/_	Day 6 _/_	Day 7 _/_
Activity 1: Exercises on back AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Ankle pumps	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Quadriceps sets	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Straight leg raise	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Short arc quads	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Passive knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③
Activity 2: Exercises sitting and Standing AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Sitting knee thrust	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Standing knee thrust	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Terminal knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③
Activity 3: Exercises on stomach AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Prone knee flexion	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	♦ Prone knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③
Activity 4: Riding the bike	You should ride the bike at least 3 times per day, for 5-10 minutes each time. No resistance on the bike until your Doctor says yes.	①②③	①②③	①②③	①②③	①②③	①②③	①②③

Please bring this chart with you when you see your doctor at your follow-up appointment.



Activity	To Do List	Day 8 _/_	Day 9 _/_	Day 10 _/_	Day 11 _/_	Day 12 _/_	Day 13 _/_	Day 14 _/_
Activity 1: Exercises on back AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Ankle pumps	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Quadriceps sets	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Straight leg raise	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Short arc quads	①②③	①②③	①②③	①②③	①②③	①②③	①②③
◆ Passive knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③	
Activity 2: Exercises sitting and Standing AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Sitting knee thrust	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Standing knee thrust	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Terminal knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③
Activity 3: Exercises on stomach AND Walk	Walk: Start with short distances to build your endurance. Walk as far as you can without limping. Increase your walking each day. Use your assistive device.	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Prone knee flexion	①②③	①②③	①②③	①②③	①②③	①②③	①②③
	◆ Prone knee extension	①②③	①②③	①②③	①②③	①②③	①②③	①②③
Activity 4: Riding the bike	You should ride the bike at least 3 times per day, for 5-10 minutes each time. No resistance on the bike until your Doctor says yes.	①②③	①②③	①②③	①②③	①②③	①②③	①②③

Call the 24-hour phone line at (855) 618-2676 with any of the following concerns:

- Drainage from incision
- Increased pain
- Fever greater than 101.5 F
- Fall at home
- Incision getting redder
- Swelling that does not get better when elevated

Please bring this chart with you when you see your doctor at your follow-up appointment.

