

Joint Replacement Recovery: Sample Knee Exercise: Ankle Pumps

Being active keeps you strong before and after joint replacement surgery. Ankle Pumps prevent blood clots and help with swelling.

Try an Ankle Pump now.

Step 1. Lie down on your back in bed or sit in a chair. Keep your legs straight in front of you with your feet spread slightly apart.

Step 2. Point your toes up so your soles are flat. Then point your toes down like you are pressing down on a gas pedal.

Step 3. Hold your toes in this stretch for a brief count of three to five seconds.

Step 4. Do one set of 15 repetitions, take a short rest then do a second set of 15.

Let's try that again.

Lie down on your back and keep your legs straight in front of you with your feet spread slightly apart. Point your toes up so your soles are flat and then point your toes down. Hold your toes in this stretch for a brief count of three to five seconds. Do a set of 15 repetitions, take a short rest then do a second set of 15.

To get the most out of this exercise, follow your physical therapist's instructions. If you have questions about the way to do this exercise or how your muscles feel before, during or after – ask your physical therapist.