

5 Steps to a Successful Knee Replacement Recovery

Your 10-Day Target: Regaining Range of Motion from Full Knee Extension to 90° of Knee Flexion within 10 days is critical to the success of your surgery and Luna is with you every step of the way.



1 Mindset Phase

Start Now

**Pre-Hab:
Pre-Surgery PT**



What success looks like:

- Strengthening quads and glutes before surgery can cut recovery time by up to 30%—the stronger the muscle going in, the faster it rebounds.
- Knowing what to expect post-op reduces anxiety. Mental rehearsal measurably lowers pain perception in the first 72 hours after surgery.
- 80% of patients who did not receive pre-surgical PT required post-acute care services. Starting now is the single highest leverage decision you can make before your surgery date.

2 Pain & Swelling

Start Strong

**First 72 hours
after surgery**



What success looks like:

- Ice, elevation, and compression every 2-3 hours reduce inflammatory swelling—less swelling means your joint can move sooner, and early motion protects your new knee.
- Managing pain proactively means staying ahead of the inflammatory cycle—keeping the window open for movement before scar tissue can set in.
- First win: walking 25-100 feet with an assistive device. Early mobility is measurably protective against blood clots and stiffness.

3 Motion Phase

Start Day 3

In-Home PT



What success looks like:

- Your Luna therapist comes to you—no car, no waiting room—so your energy goes entirely into recovery, not logistics.
- Heel slides and isometric quad sets begin re-awakening muscles that went dormant around surgery—a normal neurological response your PT is trained to reverse.
- Reaching 70-80 of knee flexion by Day 7-10 means tissue is healing in the right position—the window that shapes your long-term range of motion.

4 Strength & Stability

Start Fresh Each Hour

**Make PT part
of your routine**



What success looks like:

- Hourly movement breaks—a few ankle pumps or quad sets—prevent stiffness from accumulating with rest. Your knee responds to frequent, low-load motion more than long, infrequent sessions.
- Quad, glute, and hip strength progressively returns, reducing dependence on your walker or cane and normalizing your gait.
- Patellar mobility work keeps your kneecap tracking correctly, protecting the joint from the uneven wear a stiff or misaligned patella causes.

5 Active Life Phase

Start Fresh Each Day

**Recovery is
Ongoing**



What success looks like:

- By weeks 6-12, most patients reach 110-120° of knee flexion, enough to climb stairs, sit comfortably, and get back to what matters.
- Consistent PT rebuilds proprioception—your knee's sense of where it is in space. That's balance, confidence, and fall prevention that outlasts formal therapy.
- Recovery is a marathon, and that's okay. Every session compounds. The work you put in today is the reason you'll be living pain-free tomorrow.