

How to use your Zero Degree Knee

To resume normal walking after a knee replacement, it is necessary to fully straighten the operative leg. The Zero Degree Knee is a surgeon designed positioner that promotes optimal knee extension following your knee surgery. Elevating your foot and ankle allows gravity to gently pull your knee into an extended position. The sliding capability allows you to work on knee flexion exercises to help restore range of motion. We recommend that you use the Zero Degree Knee as prescribed by your physician.



Below is a guide for how to use your Zero Degree Knee.

- 1 It is important to regain full knee extension within the first few weeks of recovery.
- 2 Place the Zero Degree Knee on a flat stable surface such as your sofa or bed where you will have sufficient room to extend your leg.
- 3 Make sure that there is nothing behind your knee that would prevent full knee extension.
- 4 Place your heel in the cutout and slide the leg as far as you can. Some patients find applying ice to the knee helps.
- 5 Be patient as you work toward achieving zero degrees of knee extension.
- 6 Allow the leg to rest in the fully extended position for as long as you are able or directed by your physician or therapist.