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STATIONARY BIKE TRAINING PROGRAM

- Use an exercise bike at the health club, home, hospital gym, or physical therapy facility, or better yet, set up your own bike on an indoor trainer available at your local bike shop (see Appendix). Put your bike in front of a TV to beat back the boredom.
- The purpose of the bike in the first week or so is blood flow and range of motion, not necessarily to work on your aerobic fitness or leg strength.

Getting Started:

- Adjust the seat height so you are about an inch higher than your ideal cycling position. With this high seat position the knee should be almost straight at the bottom of the pedal stroke. *Asking a professional at the health club or bike shop to help you with your position will save time, increase training efficiency and add to your enjoyment.*
- Slowly work the pedals forward and backward until you are confident you can make a full rotation without lifting your hip or standing up off the seat. You need about 115° of knee flexion in order to ride smoothly.
- Your knee might be tight from swelling, so a little discomfort is normal and OK to work through. It should feel better as the session progresses. If cycling is causing significant pain, stop.
- Use minimal resistance initially. You want to focus on a smooth, circular pedal stroke.
- Once you are comfortable spinning on the bike, drop the seat height one inch and start the process over. You should now be in your proper cycling position with the knee bent to about 15 degrees at the bottom of the pedal stroke. Stretch and ice after each session.

LEVEL A:

PURPOSE	Great range of motion stretch to help loosen up a stiff knee
PROTOCOL	3 times per day: 5-10 min. Can use as a warm-up prior to any workout
COMMENTS	<ul style="list-style-type: none">• Used to promote ROM after the first week post-op.• Forward and backward pedaling is recommended.• Take it slow, trying not to lift your hip off the seat.• Light resistance on the bike – only easy spinning!

LEVEL B:

PURPOSE	Light strength and endurance.	
PROTOCOL	Activity Light resistance Medium resistance Light resistance	Time 5 min. 10 min. 5 min. Total = 20 min.
COMMENTS	<ul style="list-style-type: none"> • Pedal speed: 80+ rpm's (revolutions per min). • Keep the pedal speed the same during the 20 minutes. This means pushing a little harder during the 10 min of medium resistance. • Make sure your bike adjustment is ideal. • Always stretch the quadriceps and hamstrings after training. 	

LEVEL

C:

PURPOSE	Aerobic training when Level B is completely comfortable and easy	
PROTOCOL	Light Resistance Medium Resistance Heavier Resistance Medium Resistance Heavier Resistance Light Resistance	5 min 10 min 5 min 5 min 5 min 10 min TOTAL: 40 minutes
COMMENTS	<ul style="list-style-type: none"> • "Heavier" resistance does not necessarily mean "hard", just harder than "medium". When hard, you should still be able to turn the pedals at least 60 revolutions per min. Your knee gets stronger by changing the work load it sees. • Good stretch, ice, and massage afterwards! 	