

POST-OPERATIVE EXERCISES - 6 Weeks to 6 months

AND MAINTENANCE EXERCISES

Daily exercises should be done for 6 months but you will ideally need to do the following maintenance exercises 2-3 times a week for the life of your knee replacement.

1. Knee Extension



Sit upright on the edge of a bed or chair.

1. Slowly lift the foot of your operated leg, until your knee is fully straightened.
2. Slowly drop the foot back down allowing your knee to bend, and if possible try and bend your knee so the foot goes slightly under the chair or bed.

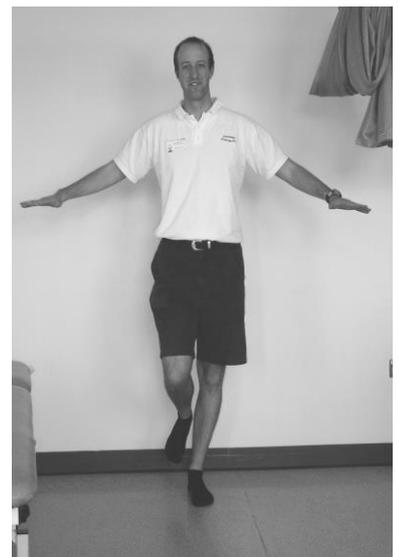
Repeat 10+ times, 3 times a day

2. Single Leg Balance

Start in a standing position; support yourself by holding onto a chair.

1. Slowly lift your non operated leg off the floor, so you are balancing on your operated leg.
2. If you feel well balanced let go of the chair you are holding onto.
3. Balance for as long as you can manage.
4. If you feel you are losing your balance place your hand back on the chair.

Repeat 5 times, 3 times a day

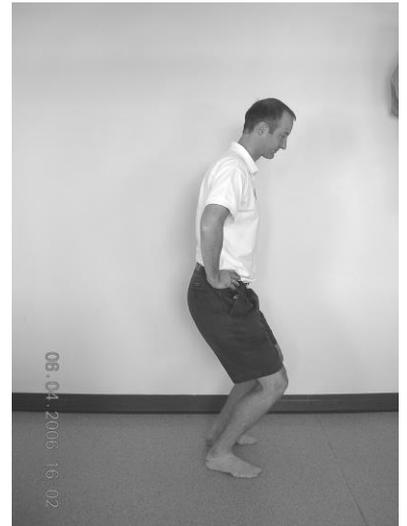


3. Quarter Squat

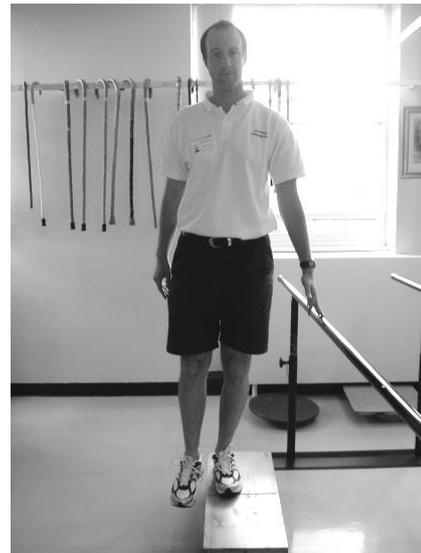
Start in a standing position with your feet shoulder-width apart.

1. Bend both knees, squatting, as if to sit down.
2. Hold this position briefly before slowly returning to an upright standing position.
3. Make sure that your knees bend straight over your toes, rather than turning in or out.

Repeat 10+ times, 3 times a day



4. Single Leg Squat



You will need a small step e.g. the bottom step of your stairs at home.

1. Holding onto a nearby support, stand on the bottom step with your operated leg and straighten your knee.
2. Bend your knee, gently squatting, so that your other leg just touches the floor with your toes.
3. Then straighten your knee, lifting that foot back off the floor.

Repeat 5-10 times, 3 times a day

