

Department of Trauma & Orthopaedic Surgery

KNEE REPLACEMENT

EXERCISE & PHYSIOTHERAPY

post-op exercises: weeks 1 - 2



POST-OPERATIVE EXERCISES - Weeks 1 to 2

1. Heel Slide



Lying on your back, start with your leg resting flat on the bed.

1. Slowly bend your knee, sliding your foot towards your bottom. Expect to feel a stretch over the front of the knee.
2. Hold for a count of 3.
3. Gently slide your heel back down, ensuring your knee returns to the fully straightened position after each repetition.

Repeat 5-10 times, 3 times a day

2. Knee Prop



Place a rolled up towel underneath your knee.

1. Keeping the back of your knee resting on the towel, pull your toes up towards you.
2. Then slowly lift your foot up until your knee is as straight as possible.
3. Hold for a count of 3.
4. Slowly lower your foot back down to the bed.

Repeat 5-10 times, 3 times a day

3. Heel Prop



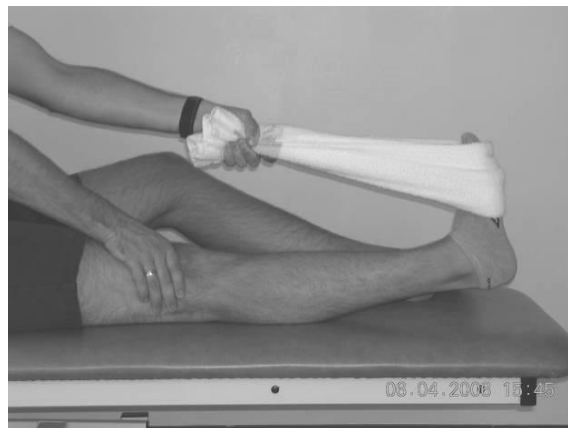
Rest your heel on a rolled up towel, making sure that your calf is raised off the bed. Then lie down and relax.

Your knee will hang under its own weight, stretching the muscles on the back of your knee.

1. This may be uncomfortable at first, so start off with 2-3 minutes and aim to gradually increase to 10 minutes.
2. To stretch further, every few minutes, gently contract the muscles on the front of your knee, pushing the back of your knee towards the bed.

Start with 2-3 minutes aiming to build to 10 minutes, 3 times a day

4. Towel Stretch



Sit upright with your legs outstretched.

1. Wrap a rolled towel around the foot of your operated leg and hold the ends with your hands.
2. Slowly pull the towel so that your heel lifts up and off the bed, whilst keeping the back of your knee flat on the bed.
3. Then contract the muscles above your knee, attempting to keep your foot in the air without the towel helping.
4. Let the towel loosen and attempt to keep your foot in the air for a count of 3, then slowly relax your muscles dropping your foot back onto the bed.

Repeat 5-10 times, 3 times a day

5. 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 5-10 times, 3 times a day

6. Patella Mobilisation



Sit upright with your legs straight out in front of you.

1. Grip your knee cap (patella) between your thumb and fore finger and gently move it from side to side.
2. It may feel odd to begin with and initially there may not be much movement.

Repeat 5-10 times, 3 times a day