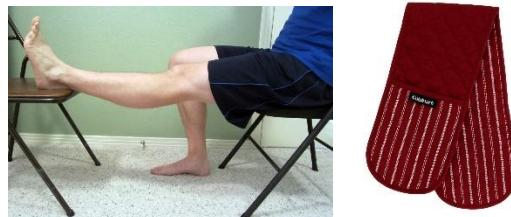


Total Knee Replacement Straightening & Bending Exercises

Occasionally it may be a little slower to regain the ability to straighten and bend the knee to an acceptable level. These exercises may be used to push the knee that little bit to achieve your goal.

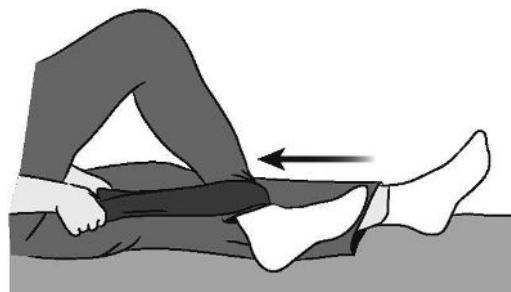
Straightening Exercises

- Sit on a chair with either another chair or stool in front of you.
- Rest your foot on the stool with no support under the knee for about 10 minutes.
- Gravity will help to straighten the knee.
- Rest and gently straighten and bend your knee a few times. Your knee may be painful and stiff to bend but do some gentle bending and straightening for a few minutes to loosen it up again.
- As you progress you may be able to place a double-handed oven mitt across your knee. Place a small weight in each side and again allow gravity to have its effect.



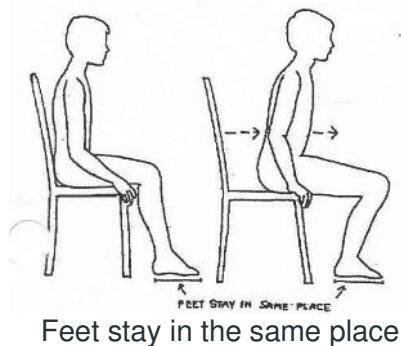
Assisted Knee Bends

- Lying on the bed on your back you can place a folded towel around the leg of your operated knee and drop the towel to your foot.
- Bend your knee and gently pull the knee back with the towel to increase the bend. Hold the position for 5 to 10 seconds.
- Repeat for a few repetitions.



Seated Exercises

- While sitting on a chair or side of the bed with your feet together slide your operative knee back as far as you can.
- Placing your hands beside you push yourself forward in the chair – keep your feet in the same position.
- This action forces the knee to bend a little more.
- Hold this position for a few seconds and release.



Stationary Bike

- At first, adjust the seat height as high as is required so that your knee is almost straight.
- Just move the pedal backward and forward at first.
- As you become more able start to perform a full pedal.
- As your knee becomes stronger you can slowly lower the seat to achieve more bend in the knee when cycling.
- Riding an exercise bike is an excellent activity to help you regain muscle strength and knee mobility.

