

Post Total Knee Replacement Exercises to perform post-operatively

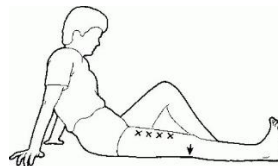
Regular exercise that helps to restore the strength and mobility to your knee and therefore enable a gradual return to everyday activities is important for your full recovery. It can be difficult to get a stiff painful knee moving and this is why your surgeon, or your physiotherapist may recommend that you regularly perform strengthening and straightening exercises to enhance your recovery.

Early Postoperative Exercises

The following exercises will help increase blood circulation to your legs and feet. This is important for helping to prevent blood clots forming post-surgery. You can begin these activities as soon after your surgery as you can manage while you are even still in hospital. A physiotherapist will be able to assist if required during your hospital stay. These exercises will also help to strengthen your muscles and improve the movement of the knee.

Quadriceps Sets

- This exercise helps to rebuild strength in the quadriceps muscle which helps to support your new knee.
- Have your knee fully straightened while lying on the bed and tighten your thigh muscle.
- Try to straighten your knee as much as you are able. Hold for 5 to 10 seconds.
- Repeat this exercise approximately 10 times, rest, and then repeat.



Straight Leg Raises

- As the exercise above, this exercise also helps to rebuild your quadricep strength.
- Tighten your thigh muscle with your knee as straight as possible on the bed.
- Try to lift your leg off the bed and hold in this position for 5 to 10 seconds.
- Slowly lower your leg back to the bed.
- Repeat until your thigh muscles feel tired



Knee Straightening Exercises

- It is important to try to regain the ability to straighten the knee as soon as possible.
- With a small rolled-up towel under your ankle so that your heel is not touching the bed tighten your thigh muscle.
- Try to fully straighten your knee pushing the back of your knee to the bed.
- Hold fully straightened for 5 to 10 seconds.



Bed-Supported Knee Bends

- Slide your foot toward your buttocks, bending your knee and keeping your heel on the bed. Hold your knee in a bent position for 5 to 10 seconds.
- Straighten your leg.
- Repeat until your leg becomes tired or, as you progress, until you can completely bend your knee.



These exercises are aimed as a guide to help you regain the full movement of your knee after your knee replacement surgery in conjunction with the advice of your physiotherapist and surgeon.