

PATIENT INFORMATION

Exercises to do Following Knee Replacement Surgery

Basic Knee Exercises

Do the following exercises 3-4 times a day, as well as practicing bending your knee every 2 hours or as advised by the Physiotherapist.

Static Quadriceps

Press the backs of your knees on to the bed as firmly as possible to tense the thigh muscles.

Hold for 3 seconds and relax. Repeat 5 - 10 times.



Straight Leg Raise

Tense your thigh muscle. Keep your knee as straight as possible, pull your foot towards you and lift your leg 4-6 inches off the bed. Lower slowly.

Repeat 5 - 10 times



Heel Lifts

Place a rolled up blanket under the knee and allow the knee to bend and the heel to rest on the bed. Keeping the knee on the blanket, tense the thigh muscle and lift your heel off the bed. Try to straighten the knee as much as possible and hold for 2-3 seconds. Lower slowly.

Repeat 5 - 10 times



Passive Knee Stretch/Knee Hang

It is important to retain full extension of your knee as much as possible. Place your heel on a block or rolled up towel so there is no support beneath it, let the knee “hang” as tolerated.

Repeat several times a day or as necessary to get your knee as straight as possible.



Please progress to the following exercises as able.

Exercises should be done regularly throughout the day – try and build them into your daily routine e.g. when boiling the kettle, you could do one exercise e.g. small squats using worktop.

It is ok to push the range of movement in the knee into a little bit of pain/stretch to ensure the best outcome post operatively – you can use **ice** and **painkillers** regularly to aid this. Please note that ice should not be applied directly onto the skin.

1.SQUATS

Find a stable surface to hold on to for balance

Feet hip width apart toes facing forwards

Stick bottom back as if sitting down onto a chair

Slowly lower down as low as you can

Repeat x10

Repeat regularly throughout the day



2. A) SEATED LUNGES

Sitting with knees bent in a chair.

Shuffle bottom forwards increasing the bend in the knee as far as your pain allows.

Hold 10 seconds

Then **push further into pain** and hold 10 secs Repeat x10

Repeat this regularly throughout the day –every 1-2 hourly during the day.
The range of movement in the knee is one of the most important things to get back first.



or

2. B) KNEE BENDS

Sit up straight on a sturdy chair. Cross your ankles, with the assisting leg on top of the operated leg.

Move the operated leg backwards by bending your knee, assisting the movement with the other leg.

Return to the starting position.

Repeat x10

Repeat this regularly throughout the day – the range of movement in the knee is one of the most important things to get back first.



3. KNEE HANGS

In sitting with foot placed up onto a chair or stool with the knee unsupported

Make sure knee is pointing up towards the ceiling

Hold up to 5 mins **Repeat regularly throughout the day**



4. SIT TO STAND

Sit on a chair with your hands on the supports.

If needed, move yourself forwards on the chair so that your feet are securely supported on the floor.

Shift your weight forwards and push up to standing, using arm supports as much as needed.

To make this harder try not to use the arm supports

Repeat 10-15 times **Repeat regularly during the day**



5. LUNGES ON STAIRS

Place operated leg onto step

Lean into the operated leg whilst keeping your back straight.

Knee over toes

Repeat x10 **Repeat regularly throughout the day**



6. STEP UPS



Step up leading with right leg then step down leading with right leg

Repeat this 10 times

Repeat process leading with left leg up and left leg down

Repeat this 10 times **Repeat regularly throughout the day**

7. THIGH SQUEEZES IN SITTING

In sitting find something to squeeze in between your knees. This can be either a rolled-up towel, a folded cushion/pillow or a football.

Squeeze for up to 5 seconds

Repeat this 10-15 times

Repeat regularly throughout the day



8. BALANCE WORK

Stand next to a solid surface e.g. worktop

Feet hip width apart standing on a cushion/pillow

Once you feel you have gained enough balance then gradually reduce the pressure through your hands. If able, try and hold completely unsupported with hands hovering just above the surface so that you can easily grab hold of it if you feel you are losing your balance.



Gradually increase the length of time you are unsupported as your balance allows.

Repeat regularly throughout the day

If you feel this is relatively easy, then try and progress to doing a mini squat

9. CALF RAISES

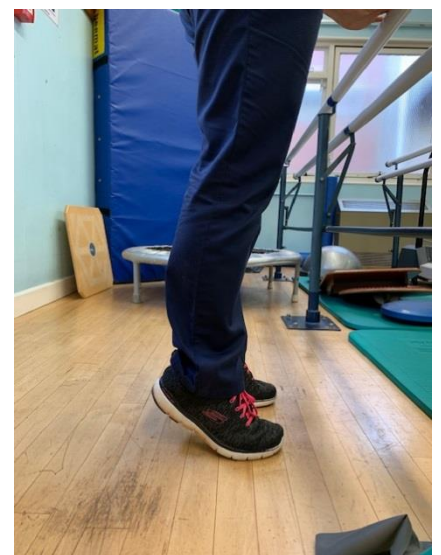
Stand holding onto a solid surface for balance.

Feet hip width apart

Raise your heels off the floor by coming up onto your toes

Repeat 10-20 times

Repeat regularly throughout the day



To view the New Knee exercise videos

Please use the Q code:



Or follow this link:

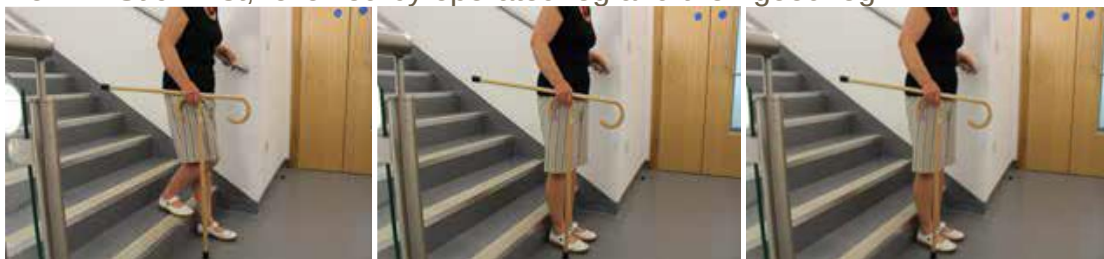
<https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/knee-exerciseprogramme/>

Stairs

Up - Good leg first, followed by operated leg and stick.



Down - Stick first, followed by operated leg and then good leg.



For a video tutorial, please visit the website below:

[How to use crutches - Torbay and South Devon NHS Foundation Trust](#)

If you feel you are not progressing, as discussed with your ward Physiotherapist, or think you need further physiotherapy, please contact the knee replacement rehabilitation team in your area who can offer advice over the phone or make you an appointment. Please contact:

Torquay

Tania Hindom
01803 655340

Newton Abbot

Claire Clarke or
Steve Smith
01626 324687

Totnes

Tania Hindom or
Rachel Hill
01803 869265

Paignton

01803 547124

Teignmouth

Claire Clarke
01626 771670

Ashburton

Tania Hindom or
Rachel Hill
01364 651998

Brixham

01803 881386

Dartmouth

Claire Cornish
01803 832845

If there is no one available to take your call please leave your name and contact number on the answer phone and a member of the team will return your call as soon as possible. Do not phone the main physiotherapy booking line.

If you experience increased swelling, redness or wound issues more than you had after your operation, please contact the ward/outreach team as advised by the nursing staff on discharge.

If you have any other queries or need general physiotherapy advice following your discharge, please telephone **01803 654528** (inpatient team)

Physiotherapist

Date

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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