

## Patient Information

# TOTAL KNEE REPLACEMENT - EXERCISES

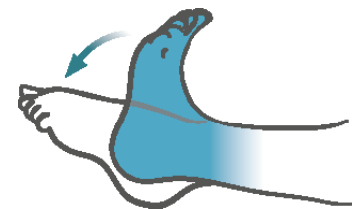
These exercises are recommended before surgery to help build up muscle tone and during rehabilitation after surgery. You may not be able to complete all exercises due to stiffness or pain. Your physiotherapist will advise which of the exercises are suitable for you after your operation.

After you leave hospital, you will need to see a physio approximately twice a week for 6 weeks (until review by your surgeon) to make sure your knee regains strength and range of motion.

Swelling is normal post-op but is best controlled by rest, elevation, compression and ice (as shown by your physiotherapist).

Do the following exercises 10 times each and at least 3 times per day.

1. Gently bend your feet up and down to help circulation in your legs



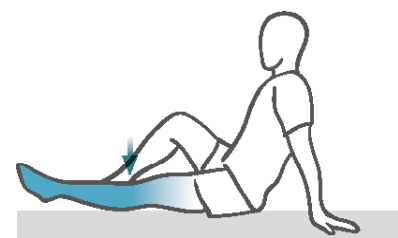
2. Gently bend your knee so that your foot moves along the bed towards your buttocks. A mild stretching over the front of your knee is normal. You can use your hands to assist the knee to bend further.

Hold for 5 seconds then relax.



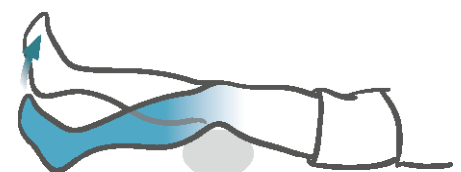
3. Tighten the muscles on the top of your thigh by pushing your knee down onto the bed. Keep your knee as flat on the bed as possible.

Hold for 5 seconds then relax.



4. With your knee over a rolled up towel, straighten your knee by tightening the muscles on the top of your thigh. Be sure to keep the back of your knee pressed onto the bolster.

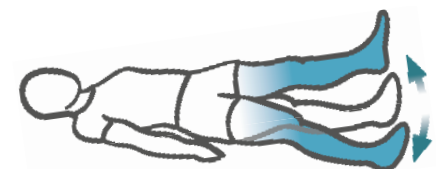
Hold for 5 seconds then relax.



DO NOT SLEEP OR REST WITH THE BOLSTER UNDER YOUR KNEE.

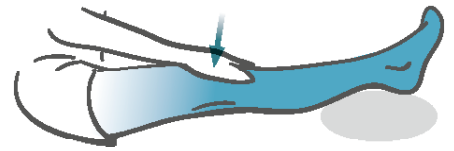
5. Tighten the thigh muscle so your knee straightens. Now lift your leg to 45 degrees, keeping it as straight as possible.

Hold for 5 seconds then relax.



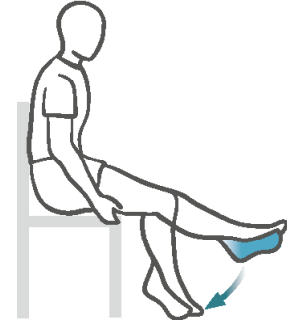
6. Sit with your legs out straight and the operated leg on a rolled towel. The toes and knee of your operated knee should be pointing up. Relax the muscles in your leg and gently push your hands to straighten the knee as much as you can, without causing pain.

Hold for up to 5 minutes as tolerated.



7. Bend your knee while sitting on a chair. Gently push your operated leg back with the other leg until you feel a stretch on the front of your knee.

Hold for 5 seconds.



8. Sit on a chair so that your operated knee forms a right angle (90 degrees). Tighten your thigh muscle to straighten the operated knee, lifting the foot off the floor.

Hold the operated leg straight for 5 seconds and then gently lower the leg.



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APPOINTMENTS AND ENQUIRIES

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Ask [Dr Awwad](#) to clarify your restrictions prior to surgery to avoid disappointment.