

PATIENT INFORMATION

Robotic Total Knee Replacement Post Operative Exercises

These exercises are recommended before surgery to build 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 are appropriate for you.

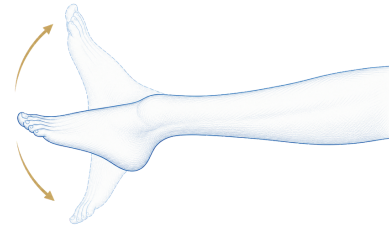
After leaving hospital, plan to see a physiotherapist approximately twice a week for six weeks until your surgeon reviews you, to ensure your knee regains strength and range of motion.

Swelling after surgery is normal and is best managed with rest, elevation, compression, and ice as shown by your physiotherapist.

Complete each exercise 10 times, at least three times per day.

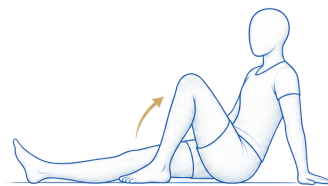
1. Foot bend

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



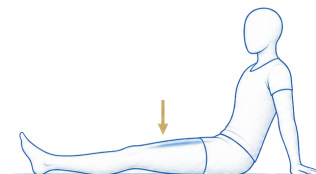
2. Flexion of the knee

Gently bend your knee so your foot moves along the bed towards your buttocks. A mild stretch over the front of the knee is normal. You may use your hands to assist. Hold five seconds then relax.



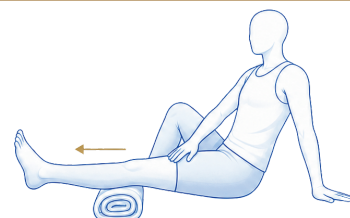
3. Static quads

Tighten your thigh muscles and push your knee down flat into the bed. Hold for five seconds, then relax.



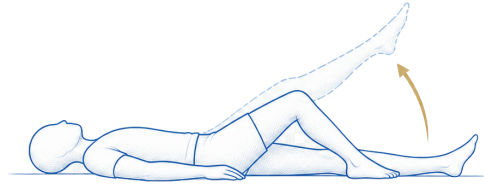
4. Knee-cap stretches

Support your knee over a rolled towel. Cup your hand over your kneecap and slide it gently towards your foot. Do not squash the kneecap.



5. Stretching

Tighten the thigh muscle to straighten your knee, then lift your leg to 45 degrees, keeping it as straight as possible. Hold five seconds then relax.



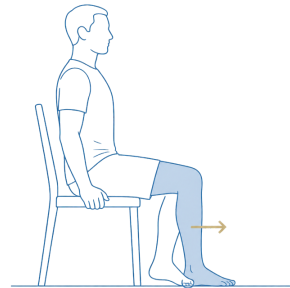
6. Stretching

Sit with your legs out straight and the operated leg resting on a rolled towel. Toes and kneecap pointing up. Relax the leg muscles and gently use your hands to straighten the knee as much as possible without pain. Hold for up to five minutes as tolerated.



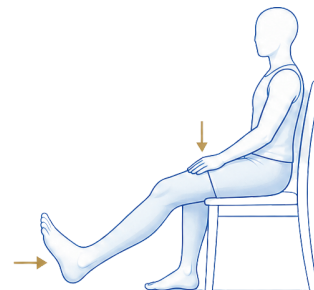
7. Knee straightening

Sitting on a chair, gently push the operated leg back with the other leg until you feel a stretch on the front of the knee. Hold five seconds.



8. Knee straightening

Sit on a chair so the operated knee forms a right angle (90 degrees). Tighten the thigh muscle to straighten the knee, lifting the foot off the floor. Hold five seconds then gently lower.



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