

## Knee Replacement Rehabilitation

The following exercises may be given to you to help get you moving and become more independent. Please bring this copy of the exercises with you to hospital. After your surgery, the physiotherapist will tell you how many of each exercise you need to do each day.

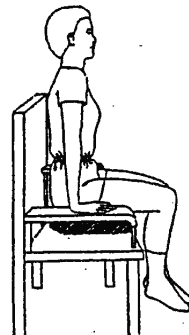
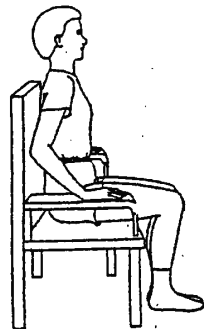
**IF ANY EXERCISES ARE CAUSING YOU DISCOMFORT, STOP AND DISCUSS / REVIEW WITH YOUR THERAPIST BEFORE CONTINUING.**

**Never use weights or weight training following knee replacement surgery**

### **ARM STRENGTHENING:**

Start practicing this exercise 1-2 weeks before your surgery. Do not continue it after surgery.

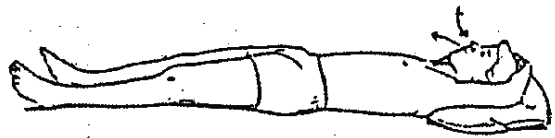
- Sit in a chair with arm rests, with your feet flat on the floor.
- Push your hands down on the arms of the chair.
- Straighten your elbows as you lift most, if not all of your weight off the chair.
- Repeat up to 20 times twice a day. If not, do as many times as you can.



**DO THE FOLLOWING EXERCISES EVERY 1-2 HOURS YOU ARE AWAKE AFTER YOUR SURGERY:**

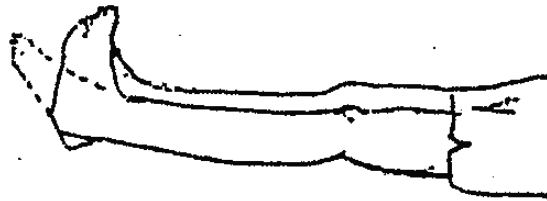
## **1. DEEP BREATHING EXERCISES:**

- Take a slow, deep breath – in through your nose, out through your mouth.
- If you become dizzy, take a short break.
- You can do this sitting or lying on your back.
- **Do 5-10 repetitions.**



## **2. ANKLE PUMPS:**

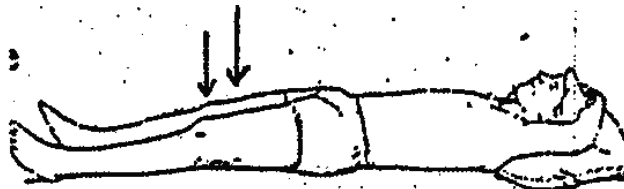
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- Bend your ankles up toward your body and then point your feet away from your body.
- **Do 20 repetitions.**



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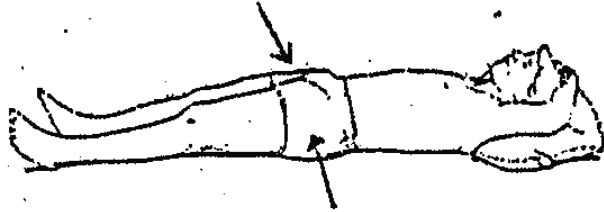
## **3. QUADRICEPS CONTRACTIONS:**

- With your knee straight, push your knee firmly into the bed, tightening the muscles on the front of your thigh.
- **Hold to a count of 5.**
- **Do 10 repetitions.**



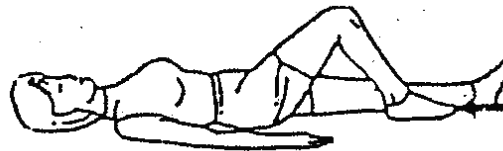
## 4. GLUTEAL CONTRACTIONS:

- Lying on your back, squeeze your buttocks firmly together.
- **Hold to a count of 5.**
- **Do 10 repetitions.**



## 5. RANGE OF MOTION – Lying:

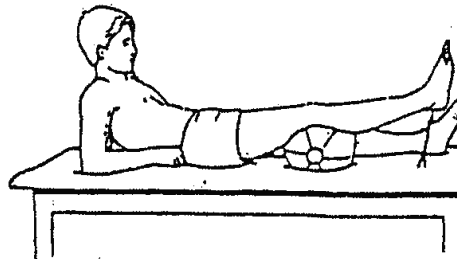
- Lying on your back with a towel beneath your thigh, bend up your knee.
- When you have bent it as far as possible, gently pull up on the ends of the towel to bend the knee farther. A comfortable stretch should be felt.
- **Hold to a count of 5 and slowly straighten.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



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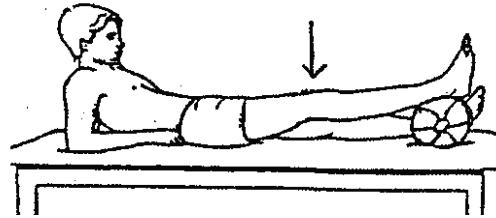
## 6. QUADS OVER KNEE ROLL:

- Lying on your back with a roll under your knee, push your knee down onto the roll and lift your heel off the bed.
- Straighten your knee, keeping your knee on the roll.
- **Hold to a count of 5 and slowly lower.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



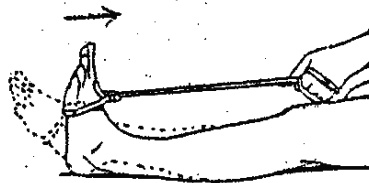
## 7. QUADS OVER HEEL ROLL:

- Lying on your back, place a roll under your heel.
- Bend your ankle up and push your knee down towards the bed.
- **Hold to a count of 5.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



## 8. CALF STRETCH:

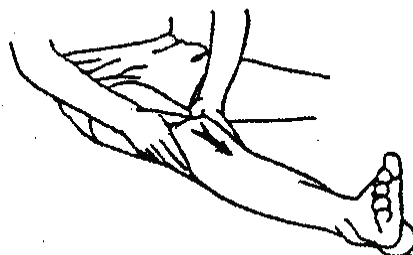
- Sitting on the bed with a towel around your foot, pull the top of your foot towards your body so that you can feel a stretch behind your knee.
- **Hold 5 seconds.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



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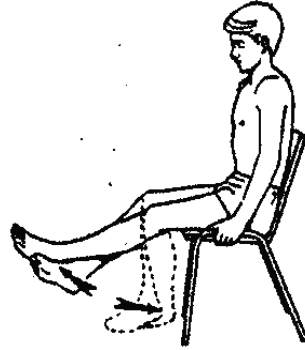
## 9. HAMSTRING STRETCH:

- Sitting on the side of the bed, straighten your operated knee out in front.
- Lean forward and push your hand down on your thigh above the kneecap
- Push until you feel a stretch at the back of your knee
- **DO NOT BOUNCE.**
- **Hold 10 seconds.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



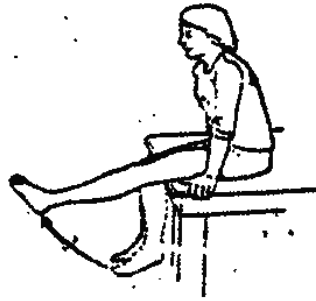
## 10. RANGE OF MOTION – SITTING:

- Sitting in a chair, gently push your operated leg back using your good leg until you feel a stretch through the front of your operated leg.
- **Hold 5 seconds.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



## 11. LEG STRAIGHTENING:

- While sitting in a chair, straighten your operated leg and lower.
- **Do 10 repetitions.**
- **Do 4 times per day.**



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## 12. CALF RAISES:

- While standing, rock back and forth on heels and toes, keeping your knees straight.
- **Do 10 repetitions.**
- **Do 4 times per day.**



## 13. LUNGE:

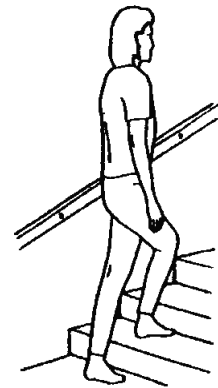
- While holding a firm surface, place your operated leg on a stair and gently lunge forward to increase the bend in your knee.
- **Hold 5 seconds.**
- **Do 5 repetitions.**
- **Do 4 times per day.**



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## 14. STEP UPS:

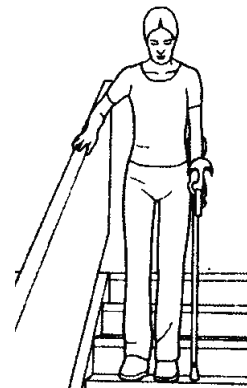
- Leading with the operated foot, step up onto a step then step back down.
- Use a railing for support as needed.
- **Do 10 repetitions.**
- **Do 4 times per day.**



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## 15. STEP DOWNS:

- Standing on top of a step, slowly lower your UNOPERATED leg to the floor.
- Use a railing for support if needed.
- **Do 10 repetitions.**
- **Do 4 times per day.**



## Remember

First 6 weeks important in getting flexion to 90 degrees or beyond.

### **1<sup>st</sup> 6 weeks**

No Driving

No weights on leg

No crossing legs

No sitting in lazyboy.

(Either sit with your leg fully extended or at 90 degrees or similar in a proper chair)

No other restrictions and encourage stationary cycling, walking and elliptical as soon as able.

Be sure to take regular pain medications it makes all the difference in your progress.

### **After 6 weeks**

You can drive

You should be able to do all of the above and no restriction on your knee other than impact sports that we do not recommend, all other recreational sports, kneeling etc you can do as able.

Return to work as able but most do so by 12 weeks.