

Exercises after a knee replacement (page 1 of 2)

After a total knee replacement it is important that you do the following exercises to regain strength and movement in your knee.

Try to do these exercises at least twice a day, preferably 4 times a day, repeating each exercise 10 times:

Exercise 1 – ‘Static Quads’

Whilst sitting on the bed, pull your foot up and push your knee down into the bed to brace your thigh muscles. Hold for 5 seconds and then relax.



Exercise 2 – ‘Knee Flexion/Extension’

Whilst sitting on the bed, bend and straighten your knee. Keep your toes and kneecaps pointing to the ceiling.

It may help to pause for a second at the most bent position.

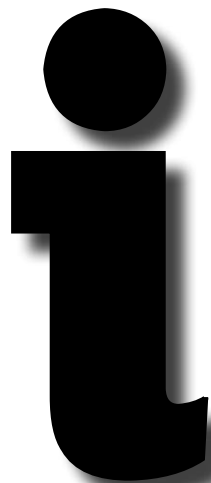
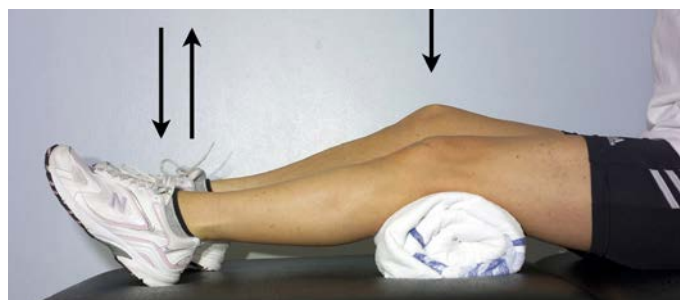


Exercise 3 – ‘Inner Range Quads’

Whilst sitting on the bed, put a small rolled up towel or cushion under your knee.

Pull your foot up and lift your heel off the bed to fully straighten your knee.

Hold for 5 seconds and then relax and lower slowly.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Exercise 4 – ‘Straight Leg Raise’

Whilst sitting on the bed, bend your foot up so that your toes are pointing to the ceiling and brace your thigh muscles to fully straighten your knee.

Keeping your knee fully straight, raise your leg off the bed.

Slowly lower your leg back down to the bed.

As you improve, try to hold your leg up for 5 seconds before lowering.



Your physiotherapist will continue to see you regularly and if you have any queries regarding these exercises please do not hesitate to ask.