

Total Knee Replacement Exercises



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You may begin the following exercises immediately after your surgery, as they are important for:

- Helping to prevent complications with your breathing.
- Helping to prevent blood clots in your legs.
- Increasing your blood flow.

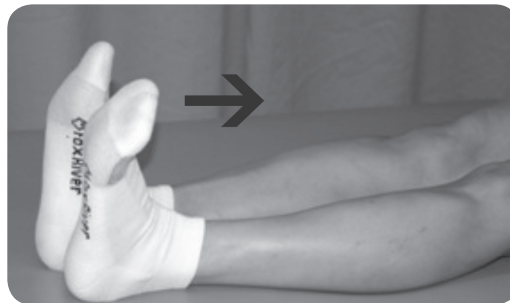
Deep Breathing and Coughing Exercises

Until you are up and moving well, take at least 10 deep breaths followed by a cough, every hour that you are awake.

Ankle Pump

Move your feet up, down and in circles.

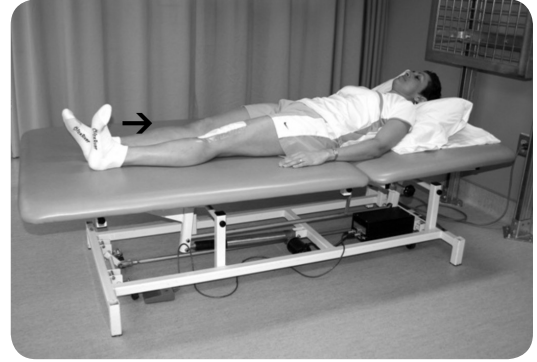
Repeat 50 times every hour that you are awake.



DAY 1 Repeat sets of each exercise 2 to 3 times a day

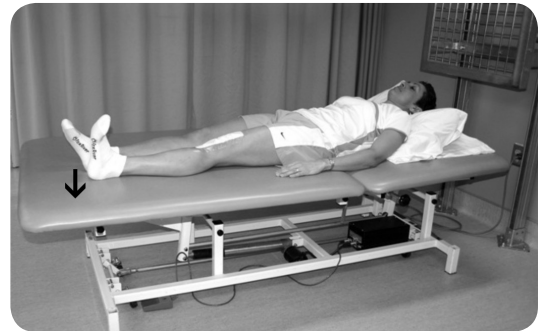
Thigh Strengthening:

- Pull your foot towards your nose.
- Tighten the muscle on the front of your operated thigh by pressing your operated knee into the bed.
- Hold 5 seconds.
- Repeat 10-20 times.



Hamstring and Gluteal Strengthening:

- Press the heel of your operated leg into the bed.
- Hold 5 seconds.
- Repeat 10-20 times.



Straight Leg Raise:

- Pull your foot towards your nose.
- Tighten the muscles on the front of your operated thigh by pressing your operated knee into the bed. Keep your knee as straight as possible and raise your leg about 10- 15 cm off the bed.
- Hold 5 seconds.
- Repeat 10-20 times.



DAY 2

Continue with Day 1 Exercises and add in the following

Repeat sets of each exercise 2 to 3 times a day

Thigh Strengthening Over a Roll

- Place a roll under your operated knee.
- Raise your heel off of the bed.
- Straighten your knee as much as possible.
- Ensure you keep the back of your knee on the roll.
- Hold 5 seconds.
- Repeat 10-20 times.



Knee Bend with a Towel:

- Lying as shown put a towel or sheet under your operated knee.
- Pull on the towel to bend your operated knee.
- Hold 5 seconds.
- Repeat 10-20 times.



Active Knee Bend

- Sitting on the bed or chair, slide your heel under the seat to bend your operated knee as much as possible.
- Hold 5 seconds.
- Repeat 10-20 times



Assisted Knee Bend

- Cross the non-operated ankle over the operated ankle, and use it to help bend the operated knee.
- Hold 5 seconds.
- Repeat 10-20 times



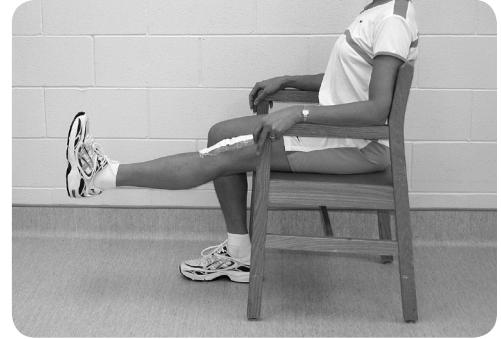
Enhanced Knee Bend

- With your operated knee bent and your foot planted on the floor, slide your buttocks forward in the chair to help bend your knee and feel a stretch.
- Hold 5 seconds.
- Repeat 10-20 times.



Sitting Knee Extension

- Sitting on a chair, tighten the muscles on the front of your thigh (quadriceps) to straighten your operated knee.
- Hold 5 seconds.
- Lower your leg slowly and controlled
- Repeat 10-20 times.



Sitting Knee Straightening

- Stretch your operated leg out with the heel on the floor. Push with your hands above the knee to straighten your knee as much as possible.
- Hold 5 seconds.
- Repeat 10-20 time



Repeat sets of each exercise 2 to 3 times a day