

Total Knee Replacement Exercise Guide

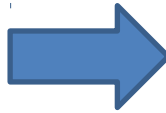
The following exercises will help you recover faster after your knee surgery. Please consult your physiotherapist before you start your exercises. You can start doing these exercise once you get home after your knee replacement.

ANKLE PUMPS



Pump your ankle up and down

QUADRICEPS ISOMETRICS



Keep a towel under your knee press your knee down so as to lift your foot up

STRAIGHT LEG RAISE



Lift your leg straight up and hold it in this position for 5 seconds

Total Knee Replacement Exercise Guide

KNEE BENDING ON THE BED



Lying on the bed slide your heel on the bed so as to bend your knee. Try bending as much as possible.

BENDING YOUR LEG WITH SUPPORT – IN SITTING



Sit on a chair use your non operated leg to bend your operated knee.

Total Knee Replacement Exercise Guide

After that straighten your leg

STAND ON YOUR TOES

Make sure you hold on to the walker when you do this exercise.



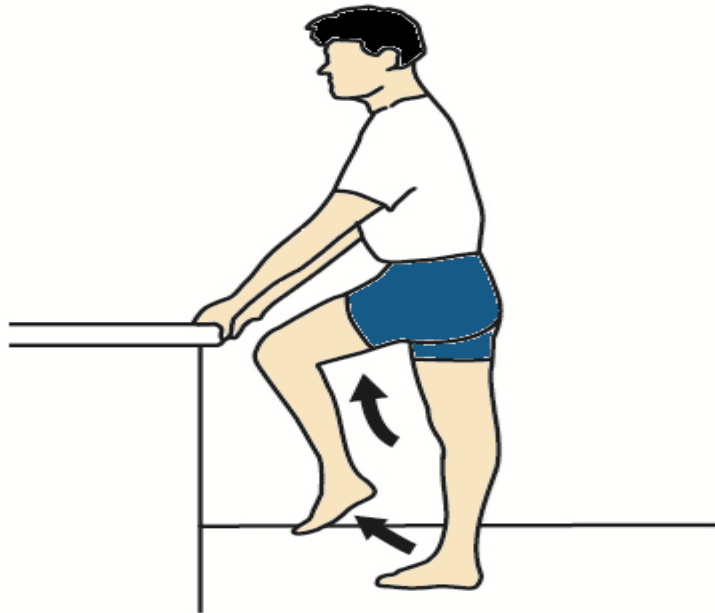
SIDE LYING LIFTS



While lying flat on your uninvolved side bend your uninvolved leg forward. Raise involved leg about five inches and then lower to starting position. Do not allow your toes or knee to turn upward.

Total Knee Replacement Exercise Guide

STANDING HIP BENDS



Holding on to a support or a walker lift your hips and knees in front of you.

7- STANDING KNEE BENDING:



While holding on to a supportive surface or your walker bend your operated knee so that your foot rises toward your buttock. Do not twist your leg inward or outward.

Important Information

The home exercise program will assist your recovery and improve strength. It is important that you take time to exercise every day. The exercise program will take approximately 30 minutes to complete and should be done two times per day. Recovering from a total knee replacement and

Total Knee Replacement Exercise Guide

returning to a more active lifestyle will take time. It is important to be patient and you should be an active participant in your exercise program. We wish you all the best for your recovery and do not hesitate to call us if you have any concerns in your rehabilitation.