Exercises following KNEE replacement surgery

• While you are in the hospital, do 5-10 repetitions of each exercise each hour while you are awake. Even if you are unable to move your leg, continue to attempt to perform the exercise. You may also use your family members or friends to assist.
• Once you are home, do 2 sets of 15 repetitions of each exercise, 3 times a day.

1. Ankle pumps

• With your leg lying on a surface, pump your ankle forward and back.

2. Knee pushes

• Push the back of your knee down into the bed and tighten your thigh muscle.
• Hold for 5 seconds.

3. Straight leg raise

• Bend your unoperated knee to protect your back.
• Perform a ‘knee push’ as above.
• Holding your thigh muscle tight and your knee straight, slowly lift your leg up, then down.
4. Heel slides

- Slide your heel towards your buttocks.
- Bend your knee as much as you can.
- Hold for 5 seconds.

5. Foot raises in bed

- Place a towel roll or pillow under your knee.
- Raise your foot so that your knee is fully straight. Hold for 5 seconds.

Note: Performing this exercise is the only time you should place a roll behind your knee.

6. Foot raises in a chair

- Raise your foot so that your knee is fully straight.
- Hold for 5 seconds.
7. Heel slides / lunges

- Sit back in a chair so that your thighs are parallel to the ground.
- Slide your heel back towards the chair (1). Use your hands, or your unoperated leg, to help bend your knee as much as possible.
- Keeping your foot on the floor, move your buttocks forward in the chair, further bending the knee (2).
- Hold 5 seconds.

8. Knee bend on stomach

- Lie on your stomach.
- Bend your knee. Use your unoperated leg to assist.