

Patient exercises following a Total Knee Replacement

These exercises will help you on your road to recovery and can be completed on your bed for comfort.

Repeat each exercise as described, 2–3 times a day



1. Static Quads

In long sitting with the foot of your operated leg on a large rolled-up towel, bend at your ankle, pulling your toes towards you and push your knee into the bed. This will tighten your thigh muscle and straighten your knee. **Hold for 5 seconds** and relax: **10 reps, 3 sets.**

If this becomes easy, tighten your thigh muscle as described above and then lift your unoperated leg off the bed, with your knee straight. This will further straighten your operated leg.



2. Inner Range Quads

In long sitting with a rolled-up towel under your operated knee, bend at your ankle, pulling your toes towards you, push your knee down into the towel and lift your foot to straighten your knee. **Hold for 3–5 seconds** and relax: **10–15 reps, 3 sets.**

To make this more difficult, add some weights around your ankle.



3. Knee extension

In sitting, bend at your ankle, pulling your toes towards you. Straighten the knee of your operated leg, lifting your lower leg and **hold for 3–5 seconds**. Bend your knee, slowly lowering your foot to the floor. **10–15 reps, 3 sets.**

To make this more difficult, add some weights around your ankle.



4. Passive knee flexion

In long sitting, bend and straighten your operated leg on a flat slippery surface. **Hold the knee in the bent position for 3–5 seconds. 15–25 reps, 3 sets.**

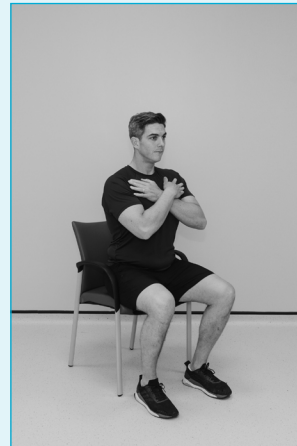
You can make the exercise more intense by using a towel as shown, around your foot, to hold your knee in the bent position.



5. Knee flexion in sitting

In a comfortable sitting position, bend your knee as much as possible, then push your body weight forwards, gently increasing the bend at your knee.

Hold for 30 seconds, 3–5 reps.



6. Sit to stand

In sitting on a chair of appropriate height, with your feet flat on the ground: imagine you are trying to spread the ground apart. This will activate some of your lower limb muscles. Stand up without using your hands and squeeze your bottom muscles as hard as possible. Slowly sit back down. **8–15 reps, 3 sets.**

As the exercise gets easier, you can use a hand-held weight to make it more challenging.