

MANAGEMENT

Walking

Walk with your crutches/frame as shown by your physiotherapist. You should aim for short regular walks initially, building up distance as tolerated.

Stairs

Going up: Lead with your good leg first then operated leg. One step at a time.

Going Down: Crutch down then operated leg. One step at a time

MANAGEMENT

Please discuss with your Consultant before recommencing any of these activities

- ◇ You will be reviewed by your consultant at around six weeks after your surgery.
- ◇ Aim to return to driving approx. 6 weeks after surgery or once you are able to walk well without crutches.
- ◇ Aim to return to swimming approx. 6 weeks after surgery.
- ◇ You may kneel on your operated knee once the wound is **fully** healed. This may take 4-6 weeks or longer depending on individual healing. It may take even longer than this before you feel comfortable to kneel.
- ◇ Running/ high impact activities are not allowed after your knee replacement.

PHYSIOTHERAPY DEPARTMENT

SOUTH INFIRMARY-VICTORIA UNIVERSITY
HOSPITAL
021-4926656



TOTAL KNEE REPLACEMENT EXERCISE PROGRAMME

The aim of this booklet is to:

- ◇ Outline the exercise programme that you will do after your knee replacement surgery. These exercises will be shown to you by your physiotherapist during your stay. It is recommended you familiarise yourself with these exercises prior to your surgery.
- ◇ If you have any questions during your stay, please don't hesitate to ask your physiotherapist.

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Exercises

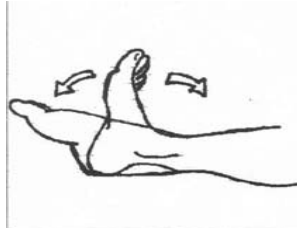
Perform exercises four times daily.

1. Deep Breathing

Take regular deep breaths

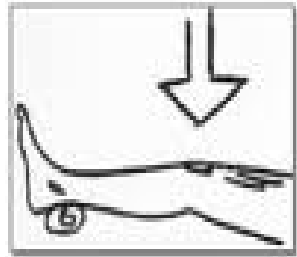
2. Ankle Pumps

Lying in bed, Pull your toes up toward you to bend your ankle, then point them away from you. Continue this briskly for 30seconds



3. Resting position

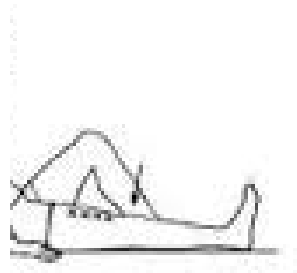
Rest with your knee straight for short periods of time. Aim to keep your knee in this position starting with 2 min and building up to 10 min or as able.



4. Static Quad

Press the back of your knee down into the bed to tense the thigh muscle. Hold for 3 seconds. Relax for 3 seconds, 10 times

Repeat 10 times



Exercises

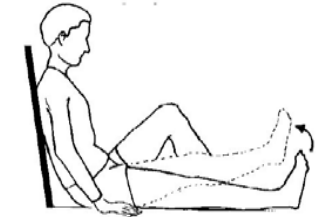
5. Inner-range Quad

Place a bottle under the crease of your knee. Lift your heel away from the bed to straighten your knee fully, keeping the back of your knee on the bottle. Hold for 5 seconds. 10 times
Repeat 10 times.



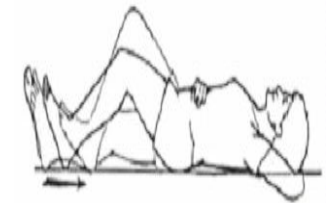
6. Straight Leg Raise

Tense the muscle in your thigh, then lift your whole leg away from the bed keeping your knee straight. Hold for 3 seconds.
Repeat 10 times



7. Heel slides

Bend your knee by sliding your heel on the bed toward your bum. You may assist with a scarf, to pull the foot towards you. A plastic bag will help you slide your heel on the bed.
Repeat 10 times



8. Heel Slides Sitting

Sitting on the edge of a chair, slide your heel back under the chair to bend then slide forwards as far as you can to straighten your knee as much as you can.
Repeat 10 times

