

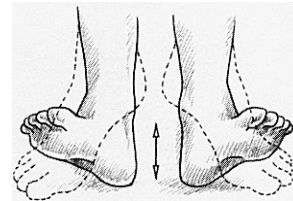
REHABILITATION EXERCISES AFTER KNEE REPLACEMENT

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The following exercises will help you regain normal movement in your knee and rebuild your muscles after a knee replacement operation. You should exercise for 15-20 minutes, 2 or 3 times a day.

Ankle exercises

Either sitting or lying down, move your feet slowly upwards and downwards as far as you can (bringing your toes up towards you and then pushing them down away from you). Repeat several times.



Bending your knee

Lie down and slide your heel towards your buttock, bending your operated knee. Your foot should stay flat on the floor. When you have bent your knee as far as you can, hold the position for 10 seconds and then slide your foot back until your leg is straight. Do not let your knee move from side to side as you bend.



Quadriceps exercises

Lie down and put a rolled-up towel under your non-operated knee. Contract your thigh muscles and try and straighten your leg completely. Hold the position for 10 seconds.



Leg raises

Lie down on a flat surface. With your leg completely straight, contract your thigh muscles. Raise your heel 10-15cm off the floor. Hold this position for 5-10 seconds, then lower your leg, checking that your leg remains straight.

