

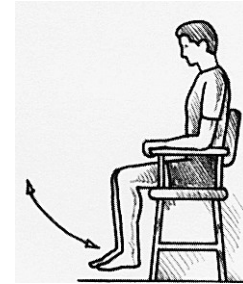
REHABILITATION AFTER KNEE REPLACEMENT

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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.

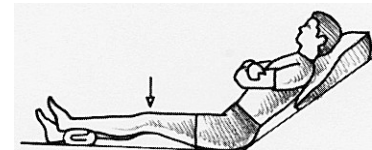
Seated bending and straightening exercises

Sit on a chair or on the edge of a table. Bend the operated knee as far as you can until your whole foot rests on the floor. Gently slide your body forwards so that your knee bends even further, then hold the position for 10 seconds. Then try and straighten your leg completely.



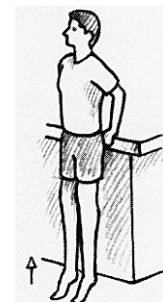
Leg straightening exercises

Sit, or lie propped up on the bed (see diagram). Roll up a towel and place it under your heel. Contract your thigh muscles, and try to press down with the back of your operated knee on the bed. Hold the position for 5-10 seconds, then relax.



Raising yourself onto your toes

Stand upright, holding onto a surface to help you balance. Lift both heels off the ground, and stand on your tiptoes for 10 seconds. Then slowly lower your heels until they are back on the ground again.



Bending the knee

Bend your knee as far as possible, trying to bring your heel up towards your buttocks.

