

Rehabilitation Exercises Following Knee Replacement Late Stage

Ensure you have completed the 'early stage' exercises before starting the late stage ones. It is important you are able to get your knee fully straight. Your Physiotherapist will advise you when you can progress.

Strength Exercise



1

Bridging - Lie down on a comfortable surface with your knees bent, and a small gap between your legs. Clench your bottom muscles and lift your hips off the surface. Hold for 3 seconds and then lower back down.

2

Step Up – Stand at the bottom of a step or your stairs. Place your operated leg up on the step. Slowly step up, trying to do most of the work with your operated leg. If you feel unsteady, hold onto a rail or bannister.



3

Side Step Ups - Stand at the bottom of a step or your stairs, side on. Place your operated leg up on the step. Slowly step up, trying to do most of the work with your operated leg. If you feel unsteady, hold onto a rail or bannister.



4

Small Squats - Stand in front of a stable surface such as a kitchen worktop. Holding the weight evenly through both your legs. Bend your knees about halfway and then stand back up. Repeat as you feel able.



How often should I do the exercise?

Try to do these exercises little and often, every day. Some days will feel better than others. It is important to keep as active as possible.

How many times should I do the exercises?

There is not set number you should be trying to achieve. Start easy and gradually build. For example, if doing an exercise 6 times is feeling sore, stop. Initially following your operation do them little and often – for example every 2 hours. Over time your exercises will become easier and you will be able to do more of them before getting tired or sore.

It feels sore, is that normal?

Yes. A little discomfort is completely normal and expected. Your knee will feel sore as you do the exercise, but this should settle down once you've stopped the exercise. Regularly rest your leg and apply ice to help settle down the pain and swelling. As the weeks go by, this soreness will improve. Remember to take your pain relief that was advised by the hospital.