

Rehabilitation Exercises Following Knee Replacement Early Stage (weeks 0-3)



1
Standing Up - with your operated leg in front of you, push up from the chair with your operated leg out in front of you. Once standing, try to put your weight evenly on each leg. This is likely to feel sore initially but this will improve with practice.

Range of Movement Exercises



2
Knee Extension - Place a rolled-up towel under your ankle and place your **operated** leg on top. Allow your knee to relax and gently push the back down into the surface. Hold for a few seconds, relax and then repeat.

3
Passive hangs – sitting in a chair. Place your **operated** leg on another chair in front of you try to allow the leg to relax. Hold this position for a maximum time of 2 minutes. It will be stiff and sore as you remove the leg. Keep trying to bend and move and this will ease.



4
Wall press - Sitting in a comfortable chair. Place your **operated** leg on a wall in front of you so your knee is slightly bent. Push your foot into the wall as you try to straighten you knee. Hold for a few seconds then release.

5

Quadricep curls - Sitting in a chair. Slowly straighten your **operated** leg as far as possible. Hold for a few seconds and then lower it back down. Repeat until you get tired.



6

Knee bends – lying on your bed. Bend the knee as far as you feel comfortable, bringing the heel closer to your bottom. Hold for a few seconds and then repeat. This is likely to feel sore and stiff, but will improve with practice.



7

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.



8

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.





9

Stand in front of a stable surface such as a kitchen worktop. Holding on, step sideways, taking the weight evenly through each leg. Walk as far as the surface allows, then walk back in the opposite direction.

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 no 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 after you 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.