

## Early exercises after knee cap dislocation

Knee is often swollen and painful after knee cap dislocation. Unless an urgent surgery is required to correct any associated damage to the knee joint surface, it is best to keep knee mobile to prevent muscle loss and avoid knee stiffness. Brace, if given, should be removed as soon as it is comfortable. Once pain settles and movement recovers, physiotherapy to regain knee strength is started. Good muscle conditioning following the first episode of dislocation can reduce the possibility of further episodes of dislocation, which may need surgery in future.

### 1 Knee end range extension



Lie on your back with a towel rolled under your ankle. Allow gravity to pull your knee down straight, rest in this position and maintain the stretch for as long as you can tolerate, up to 2 minutes.

Reps: 2 Freq: 4 a day Hold: 2 min

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### 2 Isometric quadriceps



Sit with your operated leg out in front of you, pull your toes up towards you and push the back of your knee down into the bed by tightening your thigh muscle.

Reps: 10 Freq: 4 a day Hold: 10s

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### 3 Straight Leg Raise



Lie on your back with one knee bent and the affected leg completely straight. Lift your leg off the bed about one foot high off the surface, keeping it straight. Lower the leg to the starting position and repeat.

Reps: 10 Freq: 4 a day Hold: 10s

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### 4 Knee flexion



Lie on your back or sitting up with your legs straight. Slide your heel on the bed towards your buttock to bend the knee as far as you can, but do not force. Hold for 10 secs then lower your leg slowly. You may wish to place a towel or plastic bag under your heel to help.

Reps: 10 Freq: 3-4 a day Hold: 10 secs