

Exercises after knee replacement surgery

1- Isometric quadriceps - Repetition:10 / Frequency:2-3 a day / Hold:10 secs



Lie down with your legs out in front of you, tighten the quadriceps muscles on the front of your thighs by trying to push the knees downward.
Do not hold your breath.

2- Knee extension - Repetition:10 / Frequency:2-3 a day / Hold:10 secs



Lie down on your back with a rolled towel or blanket behind your knee. Push your thigh down into the roller and lift your heel up off the floor as high as you can to straighten the knee without lifting the leg from the roll.

3- Seated straight leg raise - Repetition:10 / Frequency:2-3 a day / Hold:10 secs



Sit with your operated leg out in front of you, pull your toes up towards you and tighten the thigh muscle, then lift the straight leg up, hold for 10 secs and lower.

4- Knee flexion, towel - Repetition:10 / Frequency:2-3 a day / Hold:10 secs



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, hold for 10 secs then lower your leg slowly.
You may wish to place a towel or plastic bag under your heel to help.

5- Knee end range extension - Repetition:10 / Frequency:2-3 a day / Hold:10 secs



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.