

After knee replacement

After your knee replacement



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Heel slides



Lie down and slide the heel up towards the buttock, bending the knee as far as you can.

10 times

4 times a day

✓ **Should feel**

A stretch as the knee bends

✗ **Should not feel**

Sharp pain at the wound



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Monday to Saturday · Sunday by prior appointment only

2

Terminal knee extension



Heel on a rolled towel, knee hanging free. Press it straight.

Hold 5 seconds

15 times, 4 times a day

✓ **Should feel**

The back of the knee stretching

✗ **Should not feel**

—



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3

Quad sets



Tighten the thigh with the leg straight.

Hold 5 seconds

15 times, 4 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

—



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Straight leg raise



Lift the straight leg 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee sagging



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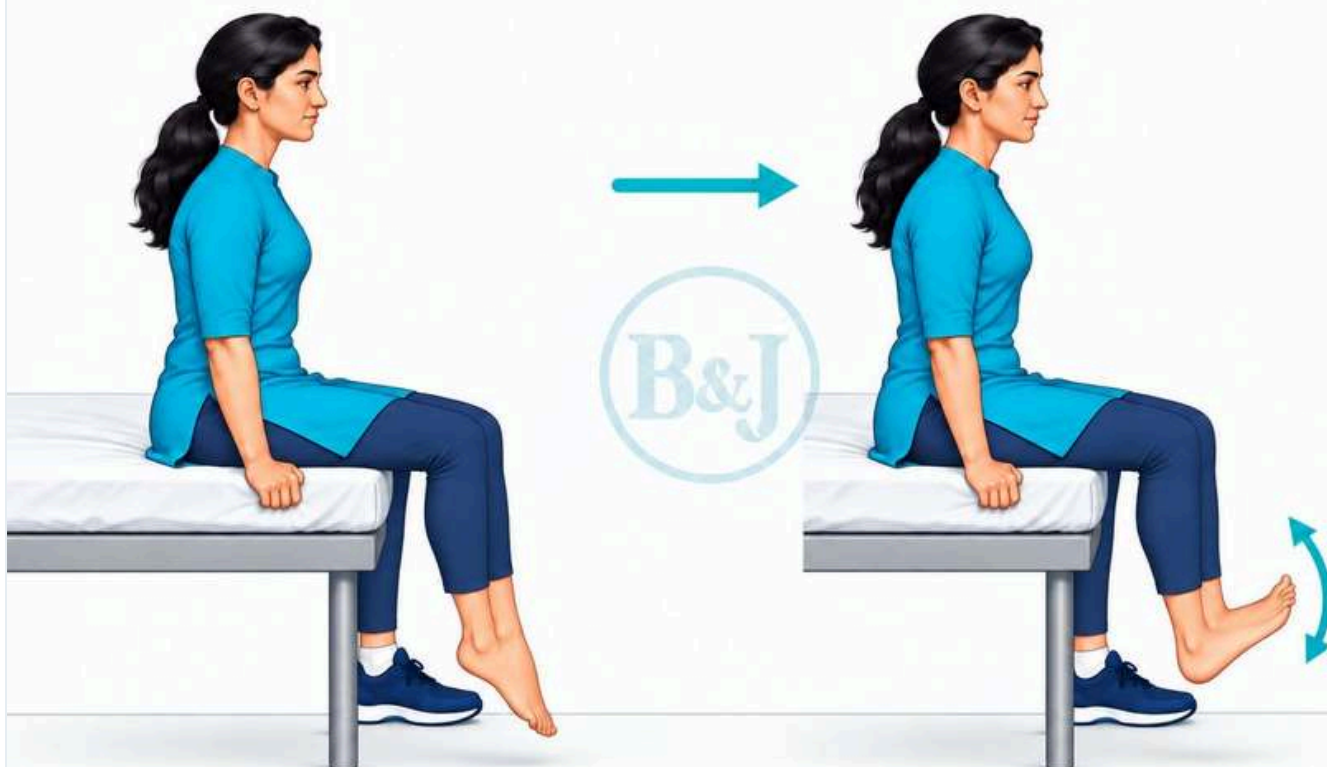
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5

Ankle pumps



Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ **Should feel**

The calf working

✗ **Should not feel**

Calf pain or swelling — tell us

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The knee suddenly becomes much more swollen, or locks
- You feel unwell or feverish



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