



Knee Replacement Exercises

Markham Stouffville Hospital
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EXERCISES FOR KNEE REPLACEMENTS

These exercises are to help you move normally and safely.
-Complete Exercise **3-4 times a day, 10 repetitions each time.**

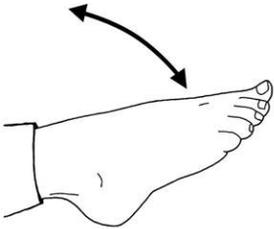
ICE:

Apply ice to your operated knee for 20 minutes every 2 hours.

STAIRS:

Go up the stairs leading with your **non operated** leg, go down the stairs leading with your **operated** leg.

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Lying on your back or sitting.
Briskly bend and straighten your ankles.

Repeat 10 times every hour.

Complete **Deep breathing** 10 times every hour.

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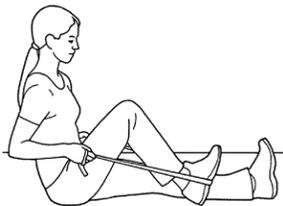
Lie on your back with your legs straight.



Point your toes up and push the back of your operated knee firmly down against the bed.

Hold for 5 seconds. Relax. Repeat 10 times.

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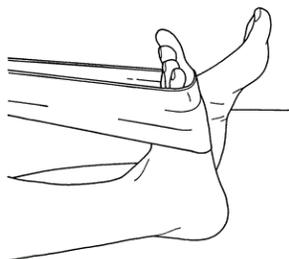


Lying on your back. Put a strap around the foot of your operated leg.

Bend your knee by sliding your heel along the bed towards you.
Gently pull the strap to bend your knee a little more.
Hold for 5 seconds then completely straighten your knee.

Repeat 10 times.

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Sit with your operated leg straight out in front of you. Put a strap around your foot.

Gently pull the band and feel the stretch in your calf.
Hold approx. 10 secs.

Repeat 5 times.

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Lying on your back. Put a roll under your operated knee, bend your other leg and put your foot on the bed.



Lift foot of your operated leg off the bed while leaving your knee on the roll.
Hold for 5 seconds and then slowly lower.

Repeat 10 times.

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Lie on your back with your operated knee straight and your other knee bent.



Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg off the bed.
Hold for 5 seconds then slowly lower.

Repeat 10 times.

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Sit on a chair with your feet on the floor. Bend your operated knee as much as possible.

Repeat 10 times.

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Sit on a chair with your feet on the floor.

Exercise your operated leg by pulling your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 seconds and slowly relax your leg.

Repeat 10 times.

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