

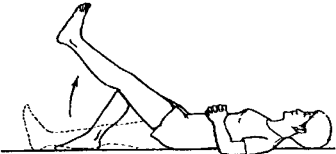
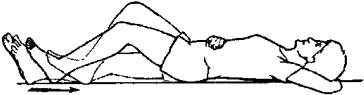
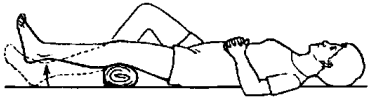

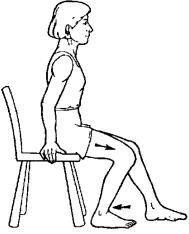
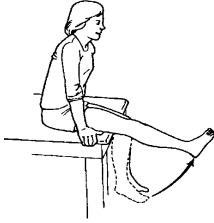


KNEE REPLACEMENT MANAGEMENT OUTPATIENT STAGE

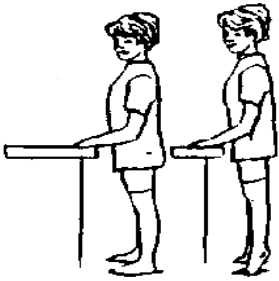
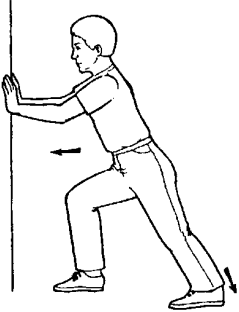
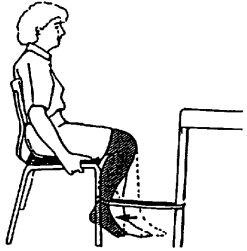
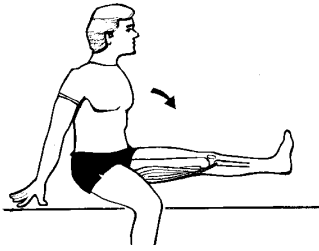
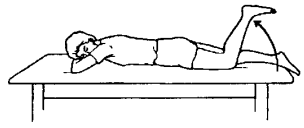
LANGLEY MEMORIAL HOSPITAL

Physiotherapy Department

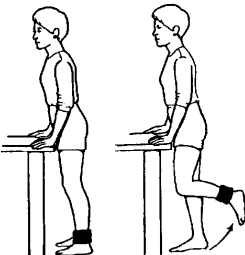
KNEE REPLACEMENT EXERCISES – *LATE STAGE*

	<p>1. STRAIGHT LEG RAISE</p> <ol style="list-style-type: none"> 1. Lie on your back with affected knee straight and other knee bent as shown. 2. Keep leg completely straight, then raise it six inches, 3. Hold for 10 seconds, then slowly lower. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>2. BEND THE KNEE</p> <ol style="list-style-type: none"> 1. Lie flat on your back. 2. Slide heel of affected leg along a board toward your buttock, bending the knee as much as possible. 3. Hold for 10 seconds, then slowly lower. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day
	<p>3. EXTENDED THE KNEE OVER A ROLL</p> <ol style="list-style-type: none"> 1. Lie on your back with 4-inch roll under your knees. 2. Raise heel of affected leg off the bed, until it is straight. 3. Hold for 10 seconds, then slowly lower. 4. Increase difficulty by putting a weight over your ankle as advised. 5. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>4. STATIC HAMSTRING</p> <ol style="list-style-type: none"> 1. Lie on your back with affected knee partially bent. 2. Press heel to floor or bed. 3. Hold for 5 – 10 seconds. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>5. BEND YOUR KNEE</p> <ol style="list-style-type: none"> 1. Sit in a chair with your affected foot close to the base of the chair. 2. Slide your heel under the chair as far as you can go. 3. Hold for 5 – 10 seconds then straighten leg out again. 4. Repeat exercise 5 – 10 times, 2 – 3 times day.
	<p>6. STRAIGHTEN YOUR KNEE</p> <ol style="list-style-type: none"> 1. Sit on edge of table or bed. 2. Straighten knee fully. 3. Hold for 3-5 seconds, slowly lower. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.

KNEE REPLACEMENT EXERCISES – *LATE STAGE Cont'd*

	<p>7. RAISE UP ON YOUR TOES</p> <ol style="list-style-type: none"> 1. Stand hold on to solid object for balance. 2. Rise up on to the balls of your feet. Lift your heels. 3. Hold 5-10 seconds, slowly relax. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>8. HEEL CORD STRETCH</p> <ol style="list-style-type: none"> 1. Position your body against a wall as shown, with affected foot behind. 2. Point toes directly toward the wall and hold heel down. 3. Put your weight on you front leg. 4. Lean into the wall as shown so that you feel a stretch in the back calf muscle. 5. Hold 15-20 seconds, then relax. 6. Repeat exercise 5 – 10 times, 2 - 3 times a day.
	<p>9. RESISTED KNEE BENDING</p> <ol style="list-style-type: none"> 1. Sit in a chair as shown. 2. Place your foot in a loop of stretchable band, which is tied to a post or immovable table leg. 3. Pull your foot backwards and up off the floor. 4. Hold for a count of 5-10 seconds, then relax. 5. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>10. HAMSTRING STRETCH IN SITTING, LEG SUPPORTED</p> <ol style="list-style-type: none"> 1. Sit on a firm bed. Put affected leg on bed as shown. 2. Gently lean forward, keeping the knee straight. You will feel a pulling in the back of your leg. 3. Hold for 20-30 seconds, then sit up and relax your leg. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>11. KNEE BENDING IN PRONE LYING</p> <ol style="list-style-type: none"> 1. Lie on your front as shown. 2. Slowly bend the affected knee and lower. 3. Add cuff weights to your ankle for increased resistance. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.

KNEE REPLACEMENT EXERCISES – *LATE STAGE Cont'd*

	<p>12. KNEE EXTENSION IN PRONE LYING</p> <ol style="list-style-type: none"> 1. Lie as shown with roll under your foot. 2. Press foot down onto roll and lift knee off the bed. 3. Hold 5 - 10 seconds. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>13. KNEE BENDING IN STANDING</p> <ol style="list-style-type: none"> 1. Stand holding on to solid object as shown. 2. Slowly bend the affected knee and lower. 3. Repeat exercise 5 – 10 times, 2 – 3 times a day.

MANAGEMENT OF YOUR KNEE REPLACEMENT

- Take your pain medication 30 – 45 minutes prior to exercise.
- Apply **ICE PACKS** to knee after the exercises for 15 - 20 minutes.
- Do only the exercises selected by your physiotherapist as appropriate for you.
- To decrease swelling, lie down and elevate your foot higher than your heart for 20-30 minutes. While in this position, include some ankle pumping. Repeat this routine 2 – 3 times per day. You may ice and elevate at the same time.
- Do each exercise indicated by your therapist 10 times. Slowly increase the number of repetitions until you are able to do 3 sets of 10 repetitions. Rest after each 10.
- Do each exercise slowly, holding to the count of 5 seconds before relaxing. If pain occurs during, or last longer than 1-2 hours following exercise, decrease the number of repetitions, or stop that exercise until discussed with your physiotherapist.
- Weights can be added to the ankle when you are able to hold the knee straight. Check with your physiotherapist first.