



**KNEE
REPLACEMENT
MANAGEMENT

EARLY STAGE**

LANGLEY MEMORIAL HOSPITAL

Physiotherapy Department

MANAGEMENT OF YOUR KNEE REPLACEMENT

- Take your pain medication 30 – 45 minutes prior to exercises.
- Apply **ICE PACKS** to knee after the exercises for 15 - 20 minutes.
- To decrease swelling, lie down and elevate your leg 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, 2-3 times a day. Slowly increase the number of repetitions until you are able to do 3 sets of 10 repetitions. Rest after each 10. Once you can do 30 repetitions comfortably, reduce to 1 - 2 times per day.
- Do each exercise slowly and controlled. Remember to breathe **DO NOT HOLD YOUR BREATH.**
- If pain occurs during, or lasts longer than 1 – 2 hours following exercise, decrease the number of repetitions, or stop that exercise until discussed with your physiotherapist.

** Wear supportive footwear, i.e. runners, or good walking shoes.

STAIRS:

** If there is a rail on the steps be sure to use it, putting your crutches or cane in the opposite hand.

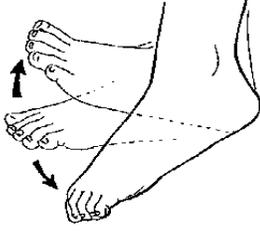
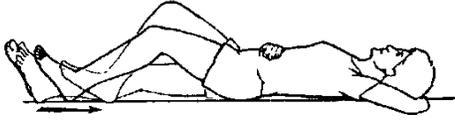
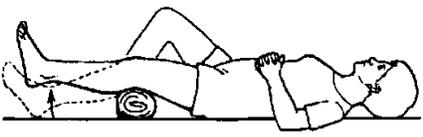
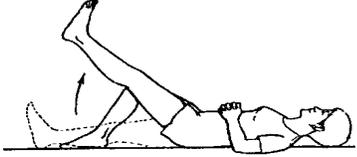
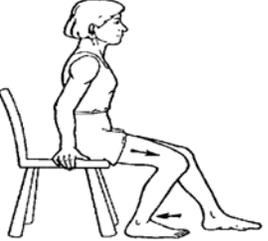
Going **up stairs:** Step up with your good leg first, then bring your affected leg and crutches or cane up to the same step.

Going **down stairs:** Put the crutches or cane down one step, then step down with your affected leg, followed by your good leg.

** After a few weeks you may be able to go up and down stairs in a reciprocal pattern (alternating legs) again.

WE WISH YOU A SPEEDY RECOVERY!

KNEE REPLACEMENT EXERCISES – *EARLY STAGE*

	<p>1. FOOT AND ANKLE MOVEMENTS</p> <ol style="list-style-type: none"> 1. Lie flat on your back. 2. Wiggle your toes. 3. Move your feet up and down at the ankle. 4. Make circles with your feet clockwise and anti-clockwise. 5. Repeat exercise 5-10 times, 2-3 times a day.
	<p>2. TIGHTEN THIGH MUSCLE</p> <ol style="list-style-type: none"> 1. Lie on your back. 2. Tighten the muscles on the front of your thigh by pulling your foot up and pushing the back of your knee into the bed. 3. Hold for 5-10 seconds, then slowly relax. 4. Repeat 5-10 times, 2-3 times per day.
	<p>3. SQUEEZE BUTTOCKS TOGETHER</p> <ol style="list-style-type: none"> 1. Hold 5-10 seconds, relax 2. Repeat exercise 5-10 times, 2-3 times a day.
	<p>4. BEND YOUR KNEE</p> <ol style="list-style-type: none"> 1. Lie on your back and put a sliding board under your leg. 2. Run your heel up the board, bending your knee up towards the ceiling. Slowly straighten out again. 3. Repeat 5-10 times, 2-3 times a day.
	<p>5. STRAIGHTEN THE KNEE OVER A 6"- 9" ROLL</p> <ol style="list-style-type: none"> 1. Lie on your back with a roll under your knees. 2. Raise heel of affected leg off the bed until it is straight. Pull your foot towards you. 3. Hold for 5-10 seconds then slowly lower. 4. Repeat 5-10 times, 2-3 times a day.
	<p>6. LIFT YOUR LEG STRAIGHT</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, and then raise it 6 inches. 3. Hold for 5-10 seconds then slowly lower. 4. Repeat 5-10 times, 2-3 times a day.
	<p>7. 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.