

Nottingham Family Wellness Centre

Post Knee Replacement

Knee Mobility Exercises



HEEL SLIDES

In a sitting position, loop a belt, towel or bed sheet around your foot and pull your knee into a bent position. Pull your foot in towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



PASSIVE KNEE EXTENSION

Sit with leg propped (using a large towel, books, rollers, etc), relax letting the leg straighten into extension. As this gets more comfortable, you can use your hands to push down, aiming to get the leg straight. Small weights can also be placed on the thigh to assist with getting full extension.

Repeat 3 Times
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day



STAIR LUNGE

Add this range of motion exercise in after a few weeks of completing the two exercises above.

Place involved knee up on staircase (2 stairs up); lean body toward involved knee until a stretch is felt. The goal is to bend the raised knee as much as possible.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

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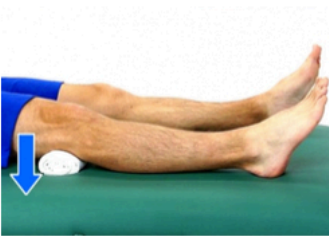
Early Stage Exercises



ANKLE PUMPS

Elevate your leg and bend your foot up and down at your ankle joint as shown. The ankle movement will help pump swelling out of the lower extremity. You can complete this for however long, and however often you want to.

Repeat 10 Times
Hold 1 Second
Complete 5 Sets
Perform 1 Time(s) a Day



QUAD SET - TOWEL UNDER KNEE

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



HAMSTRING SET

Lie down on your back and then bend your knee. Next, press your heel into the ground to activate your hamstring (in the back of your upper leg) and hold. Relax and repeat.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



STRAIGHT LEG RAISE

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

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Later Stage Exercises



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



SIDELYING CLAMSHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Do not let your pelvis roll back during the lifting movement.



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Knees should bend in line with the 2nd toe and not pass the front of the foot.



LATERAL LUNGE

Stand with a small space between feet. Next, step to the side and bend that knee in to a lunge position. As the knee bends, lower your bottom down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counter balance.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Return to original position and repeat on the same side.

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SINGLE LEG STANCE - CLOCKS

Start by standing on affected leg and maintain your balance. Image a clock on the floor where your stance leg is in the centre. Maintain a slight bend in the supporting knee.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position. Next, touch position 2 and return. Continue this all the way to position 6.

Repeat 5 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day