



**Northumbria Healthcare**  
NHS Foundation Trust

# Exercises following knee replacement

Issued by physiotherapy department

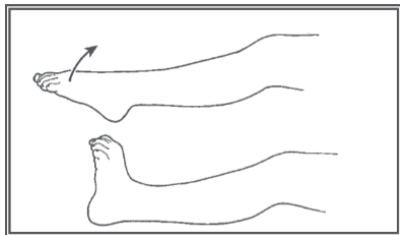
# Physiotherapy department

## Exercises following knee replacement

### Phase 1 Before and immediately after your operation

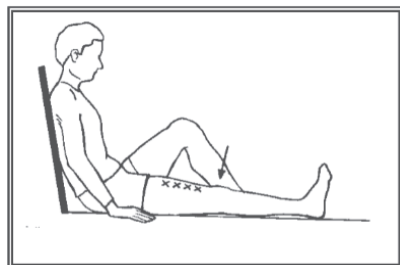
Name of patient \_\_\_\_\_

Signature of therapist \_\_\_\_\_ Date \_\_\_\_\_



#### 1/ Ankle exercises

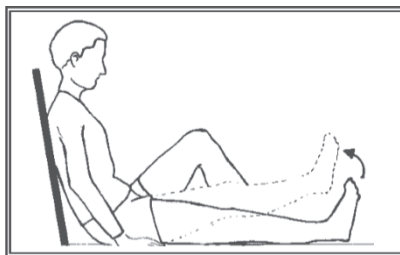
Each time you exercise start by moving your feet up and down rapidly for 2 minutes



#### 2/ Tightening the thigh muscles

Sit or lie with your leg out in front. Pull the foot up towards you. Tighten the muscles at the front of the thigh, pushing the knee down. Hold the contraction for 3 seconds and relax Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day



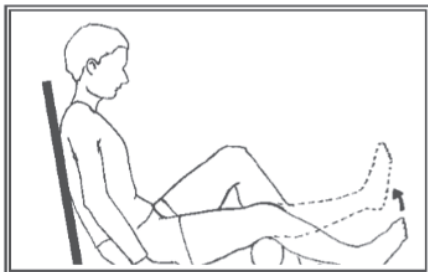
#### 3/ Straight leg raise

Sit or lie with the leg out straight and pull the foot up towards you. Tighten the thigh muscles, straighten the knee and lift the whole leg 6 inches (15 cms) up from the bed or floor. Hold for 3 seconds and lower gently Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day

## Exercises following knee replacement

### Phase 1 Before and immediately after your operation

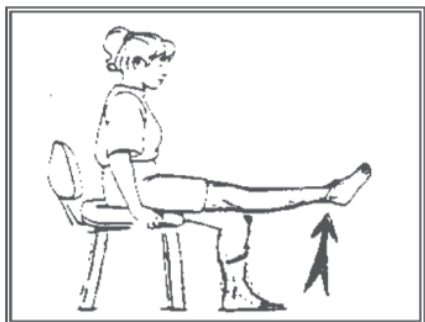


#### 4/ Heel lifts

Sit or lie with a rolled-up towel or a block under the knee. Keep the knee **DOWN** on the block and raise the heel pulling the foot up towards you. Straighten the knee as far as possible and hold for 3 seconds.

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day

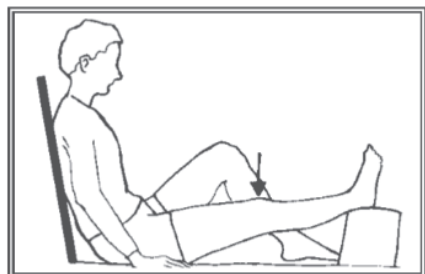


#### 5/ Heel lifts in the chair

Sit on a chair. Lift and straighten out the knee pulling the foot up towards you. Hold for 3 seconds then allow the knee to bend as fully as possible.

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day



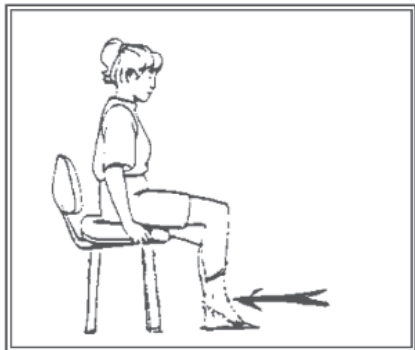
#### 6/ Knee stretches

Sit or lie with your leg out in front of you. Put the heel up on a block or pillow so that the knee hangs in mid air. Let the knee stretch for 5 minutes, or less if it is too painful

Do \_\_\_\_\_ sessions/day

## Exercises following knee replacement

### Phase 1 Before and immediately after your operation

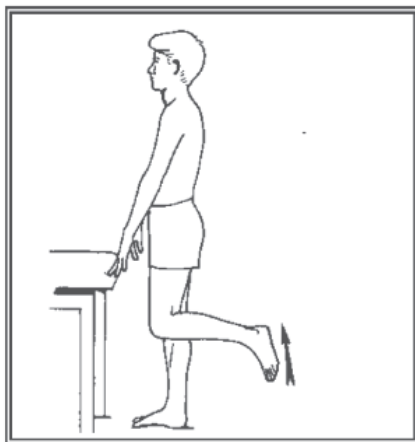


#### 7/ Knee bends in the chair

Sit in the chair with your foot on the ground. Slide the foot firmly towards you and then away. Hold for 3 seconds each time in the fully bent position.

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day



#### 8/ Knee bends in standing

In standing hold onto a chair or table. Bend the knee backwards, heel towards the buttocks

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions/day



9/ Sitting positions  
Sit with knees bent  
and feet flat on floor

**Or**

With knee fully  
straight and heel  
resting on a stool



# Notes

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## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



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