

EXERCISES FOLLOWING TOTAL KNEE REPLACEMENT



WHEN IN THE CHAIR, KEEP YOUR KNEE AS BENT AS POSSIBLE

Take 5 deep breaths and 2-3 coughs twice every hour.

Please request your ice pack as required.

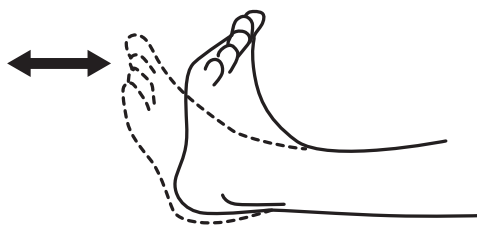
Apply approximately 15 mins on every two hours or as prescribed by your Physiotherapist.

Please watch for heel discomfort.
If this occurs call nursing staff immediately

Calf Pumping

Slowly move your ankles, pulling your toes up towards your head, then point your toes down.

Repeat 20 times every hour.



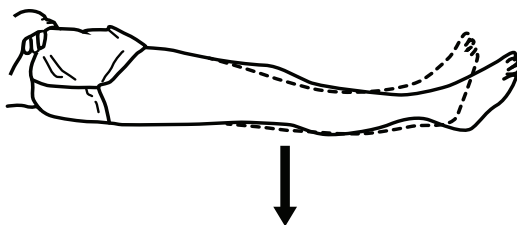
Do knee exercises x10 repetitions at least 5 times per day

Static Quads Sets

With leg straight, press back of knee down into bed straightening leg as much as possible.

Hold for 5 seconds and then relax.

Repeat 10 times.

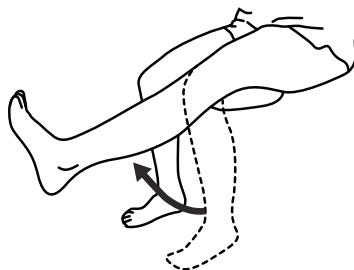


Knee Extension (Sitting Down)

From a sitting position, slowly raise your foot until your knee is straight.

Hold for count of 5 and then relax.

Repeat 10 times.

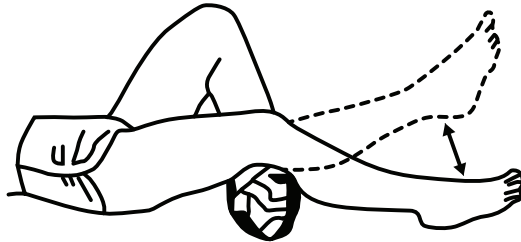


Inner Range Quads (Lying Down)

Lie down on your back with pillow / roll under your knee.

While keeping leg supported on the pillow, straighten your knee, lifting your foot off the floor.

Repeat 10 times.

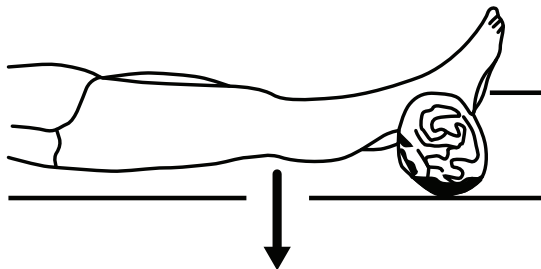


Knee Extension Stretch

Lie or sit with operated leg straight and ankle propped.

Press back of knee into bed and try straightening leg as much as possible.

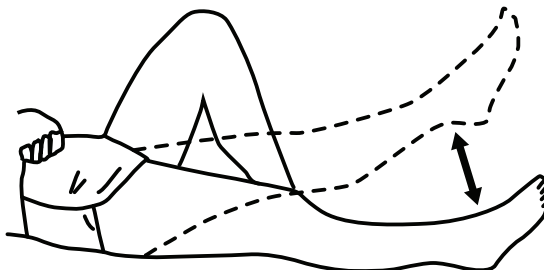
Repeat 10 times.



Straight Leg Raise

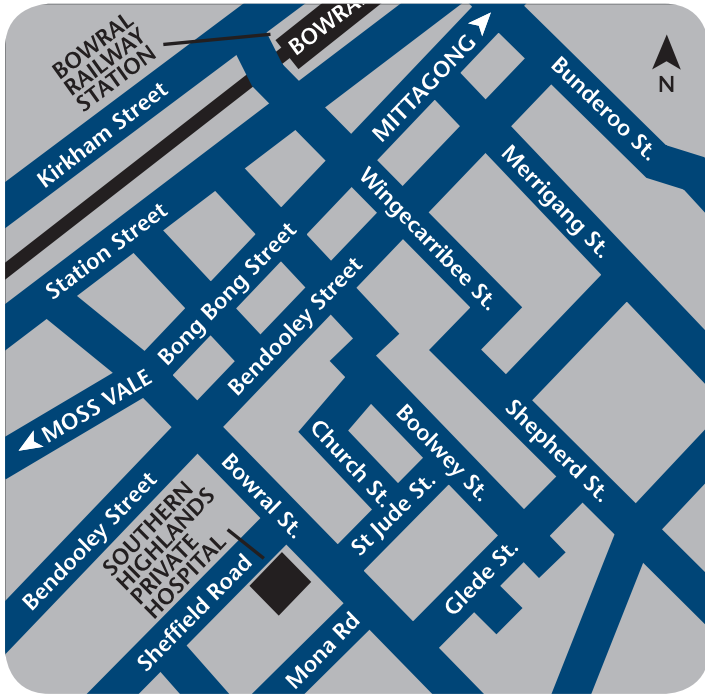
Lie on your back. Keep one knee bent, with your foot flat on the bed.

Lift opposite leg about 20cm while keeping your knee straight and toes pointed in the air. Repeat 10 times.



How to find us?

We are located next to Bowral & District Hospital (the public hospital) on the corner of Bowral Street and Sheffield Road.



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