

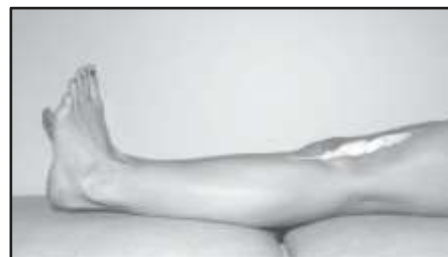
Patient information

Knee Joint Replacement Exercise

Therapies Department

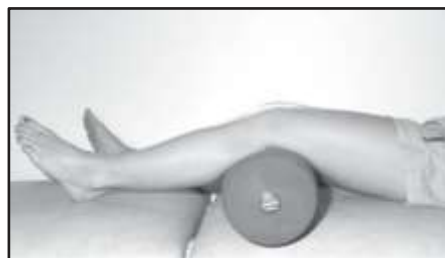
Lie on your back with both legs straight.
Tighten your thigh and push your knee
downwards towards the bed, hold for ten
seconds then relax.

Repeattimes



Roll up a towel and place it under your knee
on the same side as your operated knee.
Keeping your knee on the towel lift up your lower
leg until your knee is fully straight. Hold for ten
seconds then slowly return to the start position.

Repeattimes



Lying on your back with a sliding board under your
operated leg, bend and straighten your knee by sliding
your foot up and down the board. Relax for ten seconds
and repeat.

Repeat.....times



Sitting with your legs over the bed/chair place your unoperated leg in front of your operated leg and bend both legs using the unoperated leg to push the other back until you feel a stretch. Hold the stretch for ten seconds and relax.

Repeat.....times.



Sit with both your legs straight out in front of you with a rolled up towel or blanket under your calf/heel. Tighten your thigh muscle and push your knee down towards the bed. Hold the stretch for ten seconds then relax.

Repeat.....times.



Lie on your back with a rolled up towel underneath the heel of your operated leg. Relax and allow the knee to gently straighten out. Hold this position for ten minutes and repeat hourly.



Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Appointments

Please discuss with your physiotherapist.

Further Information

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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