

PHYSIOTHERAPY AFTER KNEE REPLACEMENT



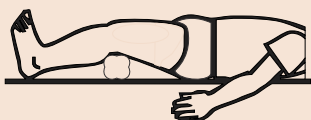
**P. D. HINDUJA HOSPITAL
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Guide to Knee replacement exercises

Regular exercising to restore your knee mobility and strengthening is important for faster recovery. The following guide will help you understand the mobility program.

Start the following exercises as soon as you are able to.

You may feel uncomfortable at first, but these exercises will speed up your recovery and actually diminish your post operative pain.



Quadriceps Sets

Place a small towel or pillow below your knee and tighten your thigh, try to straighten your knee, hold for 5 counts. Repeat this set 10 times every hour.



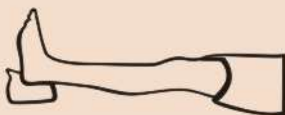
Ankle Pump

Move your foot up & down rhythmically by contraction of calf & shin muscles. Perform this exercise periodically 2-5 times hourly. Continue this exercise until you are fully recovered and lower leg swelling has subsided.



Knee Bending

Slide your foot on the bed. Hold your knee in a maximally bent position for 5 counts and then straighten.



Knee Straightening

Place a small roll under your heel, tighten the thigh. Try to fully straighten your knee, so that back of your knee touches the bed. Hold for 5 counts.



Slide your leg outward.



While sitting at bed side, try to lift your leg up and down.



Tighten your knee muscle and lift your leg up.

