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TOTAL KNEE REPLACEMENT PROTOCOL

The following exercises are recommended following your knee replacement:

1. Always get up and walk up and down the corridor as a warm-up activity for your knee
2. Stretch your calves up against the wall. Repeat 3 times each side for 30 seconds at a time
3. To gain more flex in your knee, stand in front of a chair in your room. Hold onto the chair arms to support your body weight. Keeping your feet grounded, sit down slowly. Try and get your bottom as close to the chair as possible without moving your feet. If you cannot bend your knee enough to sit down, wriggle your feet forwards a few centimeters and try and sit down further until you are sitting. Repeat 5 times per session.
4. Lie down in bed with your operated knee on top of a rolled up towel or pillow. Straighten your knee fully and then try and lift your whole leg off the bed keeping it completely straight.

These exercises are really all you need to do for the first 3 weeks post surgery. Try and take weight through your operated knee when you sit to stand and stand to sit.

Your Link Rehabilitation physiotherapist will see you on the ward on the evening of your surgery and twice daily thereafter, until discharge. Link Rehabilitation wishes you all the best with your new knee!

If you have any questions, please don't hesitate to contact us on 9312 3155.