

OCATs

NHS

North Cheshire and Mersey

NHS Foundation Trust

Musculoskeletal Physiotherapy OCATs

Health Services at Wolves

Post Op Knee Mobility Exercises

Guidance

- You have been provided with these exercises to complete following your knee surgery.
- These Exercises are intended to assist with the mobility for your knee through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist or medical professional.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist/medical professional.

Guidance

REMEMBER: IT IS YOUR OWN RESPONSIBILITY TO PRACTICE EXERCISES AT HOME!!!

1. TED stockings generally worn for 6 weeks or as directed by your consultant!

2. Pain, stiffness and reduced sensation:

Pain from other joints such as ankle, knee or hip on the opposite side may occur due to improvement of the legs' anatomical position. A moderate ache is acceptable. The pain after knee replacement can last for about 6 months or so.

Sometimes your knee can become stiff for no apparent reasons a few weeks after the operation. This is quite common and you need to continue with exercises and advice.

Stiffness and pain after resting is common and it can persist for a further few weeks/months. Taking medications and practicing exercises regularly should minimize it with time. If pain relief is not efficient, please contact your GP for advice.

If you experience sharp stabbing pain, stop the activity and if symptoms persist, contact your GP for advice.

Sensation can be reduced over the outside of the knee. It is usually not a problem after a year or so.

Guidance

3. Swelling:

Swelling and heat may persist for up to 6 months. Swelling around ankle and foot is common and usually settles as your walking ability improves. Apply ice for up to 20 minutes and elevate your leg.

4. Sleeping:

Having difficulties with sleeping is common. Please do not rest your knee on a pillow. Although this may feel comfortable it can affect the muscles, making it difficult to straighten your knee.

5. Knee movements:

Bending your knee to around 100-105 degrees is considered a fair result following surgery. Sometimes there will be less range of movement in the knee after surgery, it is seldom increased.

6. Sitting and kneeling:

Don't sit with your legs crossed for the first 6 weeks. You can try kneeling on a soft surface after three months when the scar tissue has healed. Kneeling may never be completely comfortable but should become easier as the scar tissue hardens.

7. Walking:

After two weeks, or sooner if you're confident, you can go down to one crutch/walking stick. When your muscles feel strong and supportive, you can try walking without aids. Make sure you wear good supportive outdoor shoes, try to take longer strides so you can fully straighten your leg. Gradually build up distance. Walking for 30 minutes without pain is a good result after knee replacement.

Guidance

Driving:

After about 6 weeks post-surgery. Inform insurance company and check with your consultant.

Flying:

Usually after 3 months.

Recommended:

Swimming, Water aerobics, Cycling or Stationary bike, Golf, Dancing, Sedentary occupation (desk work)

Permitted:

Hiking, Gentle jogging, Gentle double tennis, Gentle downhill skiing, Light labour (jobs involving driving, walking, standing but not heavy lifting)

Not recommended:

Long distance running, Impact exercises, Sports that require twisting/pivoting (aggressive tennis, basketball, racquetball), Contact sports, Heavy labour.

Active Knee Slides

Sitting in a chair with your leg stretched out in front of you. Put a plastic carrier bag underneath your operated foot to help reduce the friction when performing the exercise.

Bend your knee as far back as comfortable. Hold this position for 20-30 seconds.

This will be painful and tight initially but this is completely normal. Gradually overtime the pain and movement will improve.



Repeat 5 reps
Repeat 4-5 times a day

Active Assisted Knee Slides



Repeat 5 reps
Repeat 4-5 times a day

Sitting in a chair with your leg stretched out in front of you, put a plastic carrier or bin bag underneath your operated foot to help reduce the friction when performing the exercise.

Bend your knee as far back as you can possibly. to increase the stretch put your non-operated foot in front of your ankle or shoe and press your knee back further. Hold this for 20-30 seconds.

This will be painful and tight initially but this is completely normal. Gradually overtime the pain and movement will improve.

Static Quads

Lying on your back/In long sitting with your leg out straight.

Point your toes up towards your shin and push your knees down firmly into the bed.

Hold for 10 seconds then relax.

Repeat 6 times
Repeat 4-5 times a day



Inner Range Quads

In long sitting on your bed/sofa with a towel underneath your knees with your leg out straight.

Pull your toes up towards your shin and push your knees down firmly into the towel lifting your foot off the bed.

Hold for 5-10 seconds then relax.

Repeat 6 reps
Repeat 4-5 times a day



Straight Leg Raise

Lying on your back with your operated leg out straight.
Pull your toes up towards your shin.
Whilst keeping your knee straight
lift the leg approx. 20cm off
the bed.

Hold for 5-10 seconds then relax.

Repeat 5 reps
Repeat 4-5 times a day



Sitting Knee Hangs on Stool

Sitting on a chair, with the leg to be exercised supported on a chair.

Try to actively straighten your leg in this position by pushing your knee down.

Hold for 20-30 seconds.

Repeat 5 times
Repeat 4-5 times a day



Prone Lying Knee Hangs off a Bed

Lying face down on a bed with your feet hanging over the edge. Keep your knee joint just on the bed.

Let the weight of your feet and gravity assist in straightening your knees.

Relax in this position for 1 min.

**Repeat 4-5 times a day
as you feel able**



Hamstring Stretch on Stairs



Repeat 4-5 times a day

Stand with your operated leg on the bottom step of the stairs or on a footstool.

Pull your toes up towards your shin.

Push the heel down into the step trying to straighten your knee.

Then lean your upper body forwards from your hips. You should feel the stretch behind your knee and thigh.

Hold the stretch for 20 seconds.

Knee to Wall Stretch on Stairs



Stand holding onto a banister or equivalent for support.

Place your operated foot on the bottom step of the stairs or on a footstool.

Slowly shift your weight pushing your knee over your toes.

Whilst doing this it is important to keep your heel in contact with the step during the exercise.

Hold for 20 seconds.

Repeat 4-5 times a day

Wall Squat Holds



Repeat 6 reps
Repeat 4-5 times a day

Stand with your feet shoulder width apart with your toes pointing slightly outwards at a 10 to 2 position (Imagine a clock face).

Hold onto a chair or support for balance if required.

Slowly lower yourself down the wall keeping your back against the wall.

Pause in the low down squat position for 5-10 seconds then return to the starting position without locking your knees out.

Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.