



HOME PROGRAMME FOLLOWING A TOTAL KNEE REPLACEMENT

Exercises (2 x daily for 6 weeks)	<ul style="list-style-type: none"> • Heel slides lying on bed and sitting in chair. Use the "good" leg to facilitate the "bad" leg when sitting in chair (3 x 6). • Lying: <ul style="list-style-type: none"> ○ Isometric quadriceps (contraction of the quadriceps muscle / pushing knee downwards into bed). ○ Knee extensions over a pillow. ○ Straight leg raise. ○ "Torture pillow" under heel if full extension not yet achieved. (15 minutes). Apply ice at the same time. ○ Abduction / adduction with straight leg. ○ Self-assisted knee flexion using a towel. ○ Toe pumps. <p style="margin-left: 20px;">Start with 10 each and progress accordingly.</p> • Lying position with knees bent: <ul style="list-style-type: none"> ○ Inner thigh squeeze, use ball or pillow (3 x 8). ○ Outer thigh muscle squeeze using theraband. Progress to lying on "good" side and performing a straight leg raise (3 x 8). ○ Bridging (3 x 8), i.e. squeeze buttocks and lift buttocks off bed. Progress with physiotherapist. • Sitting: <ul style="list-style-type: none"> ○ Leg extensions (3x 8), i.e. tighten quadriceps muscle and straighten knee – hold in straight position for 5 seconds, relax and then repeat. • In standing: <ul style="list-style-type: none"> ○ Hamstring curls (3 x 8), i.e. knee bends – heel to buttocks. ○ Toe raises (x12).
Ice	As often as needed. Heat may also be introduced at 2 weeks.
Out-patient physiotherapy is advised post-discharge from hospital.	



Crutches	Must be used for 6 weeks following surgery.
Anti-thrombotic stockings	<ul style="list-style-type: none"> To be worn for 6 weeks.
Stairs	<ul style="list-style-type: none"> Up: good leg, bad leg, crutches. Down: crutches, bad leg, good leg.
Driving	4 to 6 weeks (once 90° plus flexion is achieved).
Showering	<ul style="list-style-type: none"> Glad wrap and duct tape; or 'Shower glove'; or Waterproof plaster.
Hydrotherapy	May begin once wound is closed.
Cycling and resistance exercise	6 weeks.
Walking	Increase distance over first 3 months.
Gym	Light machine work at 12 weeks.
Golf	3 months.
Tennis	3 months.
Bowls	3 months.



Good luck with your rehabilitation.

