

POST-OP KNEE

Home Exercise Programme

Orthopaedic & Sports Medicine Hospital
www.aspetar.com

@Aspetar



inspired by aspire®



The aim of these exercises is to help you recover and return to your normal activities as quickly as possible

BED EXERCISES

Ankle Pumps

- Move your foot and toes all the way up and down.
- Repeat 30 times every hour.



Knee Quadriceps Warm-up

- Squeeze and relax your quadriceps muscle slightly.
- Repeat 30 times every hour.

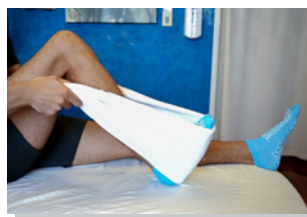
Knee Quadriceps Activation

- Squeeze your quadriceps muscles.
- Your knee cap should move toward you.
- The back of your knee should touch the bed.
- Hold for 6 seconds.
- Repeat 10 times every hour.



Knee: Active Assisted Flexion - Extension

- Bend your knee as tolerated using your hands or a towel.
- Your foot should be sliding on the bed.
- Straighten your knee fully and squeeze your quadriceps muscles to reach full extension.
- Repeat 10 times every hour.



Straight Leg Raise (as indicated by your physiotherapist)

- Sit with your good knee bent and your injured knee straight.
- Squeeze your quadriceps muscles and straighten your knee at the same time.
- Point your toes up.
- Lift your leg up while keeping your knee straight until reaching the level of your other knee.
- Hold for 6 seconds.
- Repeat 10 times every hour.



Transfers In-Out of bed

While moving in and out of bed, support your injured knee with your good leg.



STANDING EXERCISES

Standing terminal knee extension

Complete the following only if weight bearing is permitted by your surgeon:

- When standing upright, make sure you equally distribute your weight between both feet.
- Push your knee backward so your leg is straight.
- Hold for 6 seconds.
- Repeat 5 times before walking.



Walking with elbow crutches – Partial Weight Bearing

- Move the two crutches together along with your injured leg.
- Touch heel down and keep your injured knee firmly straight while stepping forward.
- Step through with your good leg while weight bearing with the crutches and your injured leg.
- Bend your injured knee and swing the leg forward by pushing off with your toes.



Walking with elbow crutches – Non-Weight Bearing

- Your injured leg should not touch the floor.
- Place the crutches about one step's length in front of you.
- Push down on the hand grips with your elbows straight.
- Squeeze the top of the crutches between your body and your upper arm.
- Swing your good leg forward around one step length in front of the crutches.



Stairs

Upstairs with 2 elbow crutches or 1 elbow crutch and the handrail

- Stand close to the edge of the first step.
- Push down on both crutches with your elbows straight and close to your body (use one crutch and the handrail if available).
- Hop one step up with your good leg.
- Bring your injured leg and the crutches up together beside your good leg on the same step.

Non-Weight Bearing



Weight Bearing



Weight Bearing



Remember: your good leg goes up first and your injured leg always moves together with the crutches.

Downstairs with 2 elbow crutches or 1 elbow crutch and the handrail

- Stand close to the edge of the first step.
- Push down on both crutches with your elbows straight and close to your body (use one crutch and the handrail if available).
- Step down the stairs together with your injured leg and the crutches.
- Bring your good leg down to the same step.



Remember: your injured leg goes down first and always moves with the crutches

Recommendations & key points

1. Positioning:

- Keep your leg straight and elevated when sitting or lying down.
- Maintain a pillow between your knees when sleeping on your side.
- Avoid standing or walking more than 10 minutes every 2 hours.
- Pray in a chair.



2. Ice application:

- 10 minutes every 2 hours.
- Use a thin towel between the skin and the ice to avoid skin irritation.

3. Exercises:

- Should be performed **without** an increase in resting pain.

4. Weight Bearing:

- Additional specific instructions will be given regarding weight bearing status and use of any support needed (Brace/Boot/Darco shoe)

5. Red Flags: contact your physiotherapist if you note any of the following:

- Increased redness.
- Increased swelling.
- Increased heat around the surgical area.
- Increased body temperature above °37.5C.
- Wound discharge or excessive drainage.
- Severe pain in the calf muscle.

Rehabilitation Department

Male reception: 4413 2588 / 4413 2589

Female reception: 4413 2590

Email: rehabgroup@aspetar.com

Orthopaedic & Sports Medicine Hospital

www.aspetar.com

@Aspetar



inspired by aspire®