

# POST-OP KNEE Home Exercise Programme

Orthopaedic & Sports Medicine Hospital  
[www.aspetar.com](http://www.aspetar.com)

@Aspetar     

inspired by aspire®

ASPETAR  اسپيتار

**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](http://www.aspetar.com)

@Aspetar



inspired by aspire®