

## **KNEE EXERCISE INSTRUCTIONS**

### **DEEP BREATHING EXERCISES**

After surgery it is very important to ensure you are getting air to the deepest parts of your lungs. This avoids respiratory problems and prevents chest infections.

Sitting upright take in a large, slow and deep breath. Do this 3 times and follow with a strong cough.

Repeat 3 times.

Do this at least 5 times a day.

Continue for 2 weeks until first post-operative review.

### **CIRCULATION EXERCISES**

In the initial recovery period, your circulation tends to slow down. Maintain good circulation by doing these exercises:

Pull toes and feet towards you, and push away again.

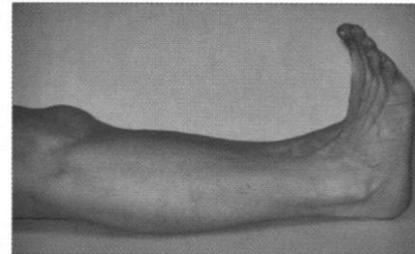
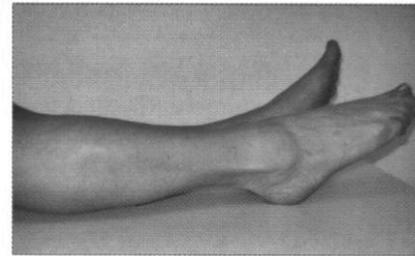
Repeat x 10.

Tighten your buttock muscles, hold for 5 seconds then release.

Repeat x 10.

Repeat these exercises every half an hour in the recovery period, until you are up and about.

### **ANKLE PUMP EXERCISES**



#### **Ankle Pumps**

Blood flowing in your legs is assisted to return to your heart by the normal movement of your legs. As you will spend a significant amount of time in bed resting, it is very important that you undertake these exercises regularly to keep the blood flowing in a normal manner.

Pull your toes and foot back towards your head, then point your toes and foot away from your body (a similar movement is used when driving a car). It is important you

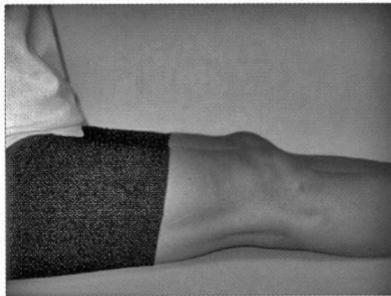
do this exercise using both feet.

**Repeat 10 times each side.**

**Do 10 times a day.**

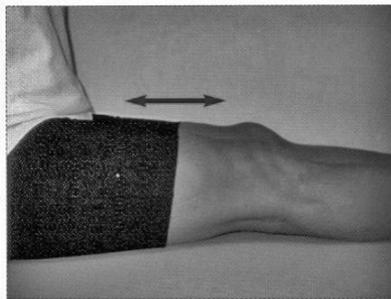
## KNEE EXERCISE INSTRUCTIONS

### STATIC QUADRICEPS CONTRACTION



#### Static Quads

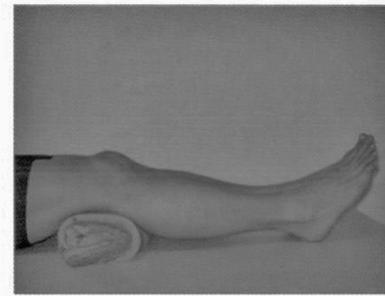
This exercise works your quadriceps (the large muscle on the front of your thigh) without creating movement at your hip joint. This is a good way to get the muscle working while limiting movement across your hip.



At first, squeeze the muscle gently then gradually make it tighter. Think of straightening your knee and pushing it down towards the bed. Hold for 5 seconds, release and repeat.

**Repeat 10 times.**  
**Do 3 times a day.**

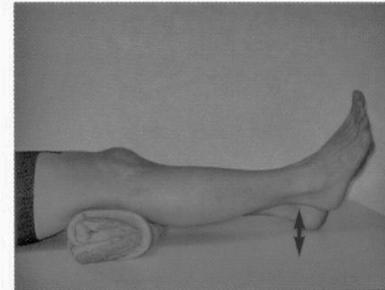
### INNER RANGE QUADRICEPS EXERCISES



#### Inner Range Quads

It is very important to have good control of your knee in a position that is nearly straight as this will help you while standing and walking.

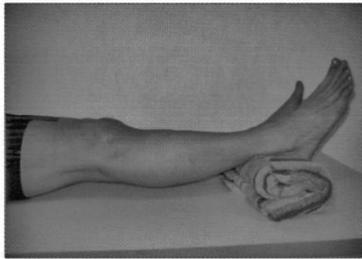
Place a rolled up towel under your knee. Tighten your quadriceps (the large muscle at the front of your thigh) as before, but at the same time push your knee down into the towel and lift your foot off the bed. Hold again for 5 seconds and slowly lower. Repeat.



**Repeat 10 times.**  
**Do 3 times a day.**

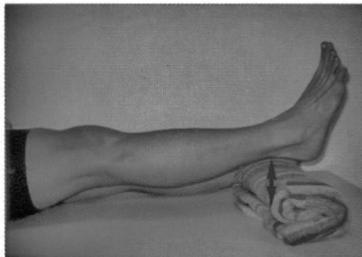
## KNEE EXERCISE INSTRUCTIONS

### STRAIGHT LEG RAISES



#### **Straight Leg Raises**

Place a rolled up towel under your heel. Squeeze your quadriceps muscle and lock your knee down, then lift your heel without letting your knee bend. Hold for 5 seconds if possible then release gently.



**Repeat 10 times.**  
**Do 3 times daily.**

If either of the above two exercises become too easy add a weight to your ankle. You can do this simply by placing a bag of rice into an old sock and tie the sock around your ankle.

### KNEE MOVEMENT EXERCISES

#### **Heel Slide**

(10 times, 3 times per day). While lying in bed on your back, slide your heel toward your bottom.



#### **Knee Bends**

**Knee bends:**  
(10 times, 3 times per day). Hold onto something secure for support, bring heel up towards your bottom. Keep your knees level.



## KNEE EXERCISE INSTRUCTIONS

### KNEE RANGE EXERCISES

**Knee bending and straightening:**

(10 times, 3 times per day). While sitting in a chair, slide your foot back as far as possible under the chair to bend your knee to 90 degrees.



**Foot lift with straight knee:**

(10 times, 3 times per day). While sitting, straighten your leg fully and point your toes towards the ceiling. Keep your thigh on the chair. Hold straight for 6 seconds. Lower leg slowly and repeat.

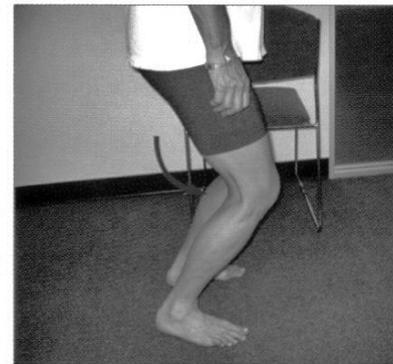
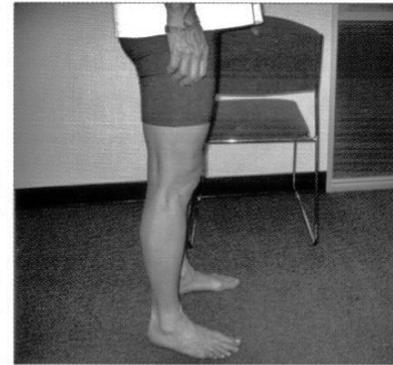


**Hamstring Stretch:**

(3 times, 3 times per day). While sitting, place your leg on a footstool to allow your knee to straighten. Hold for 30 seconds.



### HALF SQUAT EXERCISES



**Half Squats**

Standing in your frame or using a chair for support and keeping your back straight and upright, gently bend at the knees and hips and slowly lower yourself down. Go only as far as is comfortable and use the frame or chair for balance only, not to take your weight. Keep looking forward and resist the temptation to bend your back. Stand straight again and repeat.

**Repeat 10 each side.**  
**Do 3 times daily.**

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## **KNEE EXERCISE INSTRUCTIONS**

### **LUNGES**



#### **Lunges**

Again standing in your frame, or using a chair for support, place one leg in front of the other. You will need to exercise both legs, so it does not matter which one you do first. Keeping your back straight and looking forward, lunge forward onto your front foot. Hold this position for two seconds and slowly return to your starting and upright position. Make sure both feet are pointing straight ahead and are parallel.

Again go only as far as is comfortable, don't hold onto the frame or chair too tightly and keep the movement slow and controlled.

**Repeat 10 each side.**

**Do 3 times daily.**