

1 Launder St, Hawthorn VIC 3122
Tel – 9819 2827 Fax – 9819 4471
www.hawthornphysio.com.au

5 Studley Ave, Kew VIC 3101
Tel – 9851 8888 or Tel – 9851 8845
www.svpm.com.au

Sports Therapy
Manual Therapy
Electrotherapy
Manipulation
Rehabilitation
Pre-habilitation
Clinical Pilates
Pre-Season Screening
Exercise Prescription
Massage

Partners

Chris Ward
B.App.Sc. (Physio)

Charlie Schall-Riaucour
B.Physio (Hons.),
B.App.Sc. (Phys.Ed.),
Post Grad Dip (Exs for
Rehab)

Physiotherapists

Richard Webber
B.App.Sc (Physio)

Sarah Tulloch
B. Health Sc., M. Physio

Daniel Ford
B. Physio

Elsa Gales
BSc. (Physio)

Marcellina Lu
Hons. B.A. (Kin), DPT

Practice Manager

Anne Mellor
BA (Hons)



Member

Total Knee Joint Replacement – Preoperative Exercise Program

The following exercises are designed to address strength and range of movement of your knee. The exercises below will help you best prepare for your upcoming surgery.

1. Knee Flexion

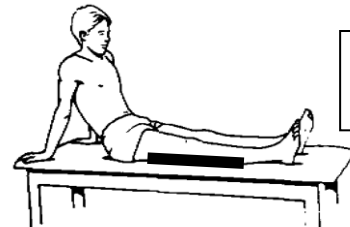
With towel around heel, gently pull knee upwards with towel until stretch is felt.



2 x10
Twice per day

2. Quadriceps Sets

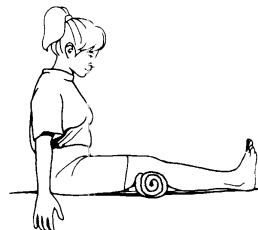
Place a rolled towel lengthways under knee. Then tighten muscle on top of thigh by pushing knees down into towel. Hold 3 secs



2 x10
Twice per day

3. Quadriceps Over Fulcrum

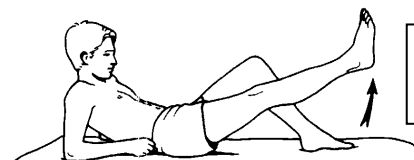
Place rolled towel under knee. Lift foot off bed, keeping the back of the knee in contact with roll, then lower.



2 x10
Twice per day

4. Straight Leg Raise

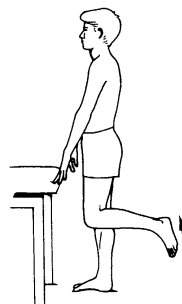
Lie back and rest on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked.



2 x10
Twice per day

5. Standing Hamstring Curl

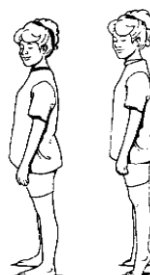
Standing, bend your knee up behind you as far as possible



2 x10
Twice per day

6. Standing Bilateral Calf Raises

Hold on to back of chair. Raise up on to balls of feet, then lower.

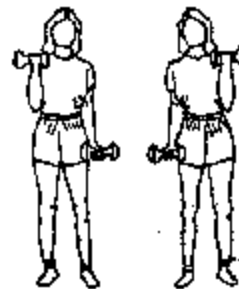


2 x10
Twice per day

We also recommend that you do some strengthening of your upper body as you will have to use it quite a bit, especially in the early stages of your recovery.

7. Bicep curls

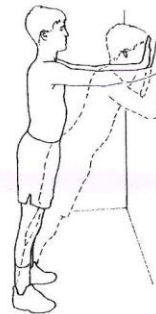
Holding a small weight bend your elbow up and allow to slowly drop back down.



2 x10
Twice per day

8. Wall push up

With your feet a small distance away from the wall, place your hands against the wall and perform a gentle controlled push up on the wall.



2 x10
Twice per day

9. Chair Push Ups

Using both hands on the arm rests of a seat, or on a flat seat, push your bottom up off the chair. Then lower back down.

2 x10
Twice per day



If you have not done regular exercise recently it is advised that you start with 1 set of 10 of each exercise and build up towards 2 sets of 10.

You can also do these exercises and more at **Hawthorn Physiotherapy Clinic**. Our Pre-habilitation Program is a great way to prepare yourself for surgery and it can all be claimed on your private health insurance extras. Call us on 9819 2827 to start your **PREHABILITATION TODAY!**

