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

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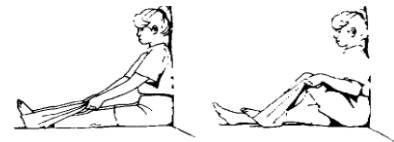
Member

TOTAL KNEE REPLACEMENT HOME ROUTINE

After your surgery it is vital to continue the exercises your physiotherapist has given you. The following exercises should be completed 3-4 times a day for the first 2-3 weeks following discharge. It is wise to gradually increase the distance walked each day and build it up as your knee tolerates the activity. Icing remains an important aspect of your rehabilitation and should be applied following exercise for 15-20 minutes using an ice pack, frozen peas etc. Please contact us should you have any concerns.

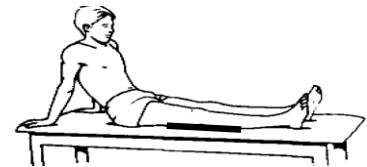
1. Passive Knee Flexion

With towel around heel, gently pull knee upwards with towel until stretch is felt.
Repeat 3 x 10 reps

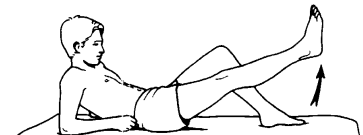


2. Quadriceps Strengthening Sets

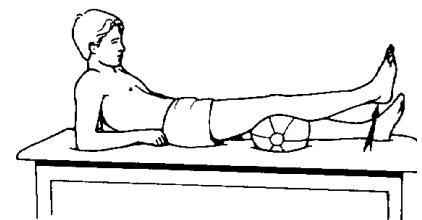
With a folded towel placed under your knee, tighten muscles on top of thigh by pushing knee down into the floor or table.
Repeat 3 x 10 reps



3. Tighten the muscles on the front of your thigh and slowly lift your leg 10 - 12" off the bed. Hold for 3 seconds and then slowly lower. Aim to get the knee to fully lock so there is no bend.
Repeat 3 x 10 reps



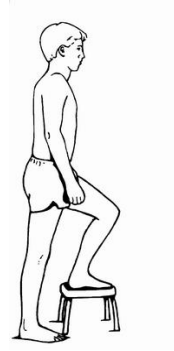
4. With towel under knee, tighten thigh muscles to lift heel off bed, hold for 3 seconds
Repeat 3 x 10 reps



5. Sit on the edge of a table or on a stool, and gently swing your foot back and forth. Hook your unoperated leg across the front of your operated leg, pull backwards slowly to increase your knee bend. 3 minutes



6. Using crutches for support lift operated leg onto the step and gently lunge forward until a stretch is felt in the knee, hold 5 seconds. Repeat 3 x 10 reps



Stairs



UP: Good leg, Operated leg, Crutches



DOWN: Crutches, Operated leg, Good leg