

## HOME PROGRAMME FOLLOWING A TOTAL KNEE REPLACEMENT

<p><b>Exercises (2 x daily for 6 weeks)</b></p>	<ul style="list-style-type: none"> <li>• Heel slides lying on bed and sitting in chair. Use the “good” leg to facilitate the “bad” leg when sitting in chair (3 x6).</li>   <li>• Lying:       <ul style="list-style-type: none"> <li>○ Isometric quadriceps (contraction of the quadriceps muscle / pushing knee downwards into bed).</li> <li>○ Knee extensions over a pillow.</li> <li>○ Straight leg raise.</li> <li>○ “Torture pillow” under heel if full extension not yet achieved. (15 minutes). Apply ice at the same time.</li> <li>○ Abduction / adduction with straight leg.</li> <li>○ Self-assisted knee flexion using a towel.</li> <li>○ Toe pumps.</li> </ul> <p style="text-align: center;"><b>Start with 10 each and progress accordingly.</b></p> </li>   <li>• Lying position with knees bent:       <ul style="list-style-type: none"> <li>○ Inner thigh squeeze, use ball or pillow (3 x 8).</li> <li>○ Outer thigh muscle squeeze using theraband. Progress to lying on "good" side and performing a straight leg raise (3 x 8).</li> <li>○ Bridging (3 x 8), i.e. squeeze buttocks and lift buttocks off bed. Progress with physiotherapist.</li> </ul> </li>   <li>• Sitting:       <ul style="list-style-type: none"> <li>○ Leg extensions (3x 8), i.e. tighten quadriceps muscle and straighten knee – hold in straight position for 5 seconds, relax and then repeat.</li> </ul> </li>   <li>• In standing:       <ul style="list-style-type: none"> <li>○ Hamstring curls (3 x 8), i.e. knee bends – heel to buttocks.</li> <li>○ Toe raises (x12).</li> </ul> </li> </ul>
<p><b>Ice</b></p>	<p>As often as needed. Heat may also be introduced at 2 weeks.</p>
<p><b>Out-patient physiotherapy is advised post-discharge from hospital.</b></p>	
<p><b>Crutches</b></p>	<p>Must be used for 6 weeks following surgery.</p>
<p><b>Stairs</b></p>	<ul style="list-style-type: none"> <li>• Up: good leg, bad leg, crutches.</li> <li>• Down: crutches, bad leg, good leg.</li> </ul>
<p><b>Driving</b></p>	<p>4 to 6 weeks (once 90° plus flexion is achieved).</p>
<p><b>Showering</b></p>	<ul style="list-style-type: none"> <li>• Glad wrap and duct tape; or</li> </ul>



	<ul style="list-style-type: none"><li>• 'Shower glove'; or</li><li>• Waterproof plaster.</li></ul>
<b>Hydrotherapy</b>	May begin once wound is closed.
<b>Cycling and resistance exercise</b>	6 weeks.
<b>Walking</b>	Increase distance over first 3 months.
<b>Gym</b>	Light machine work at 12 weeks.
<b>Golf</b>	3 months.
<b>Tennis</b>	3 months.
<b>Bowls</b>	3 months.



**Good luck with your rehabilitation.**

