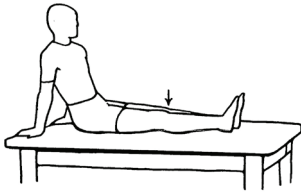


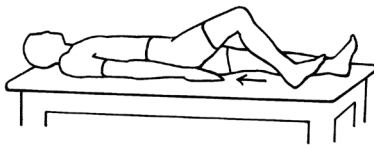
## AFTER KNEE REPLACEMENT SURGERY

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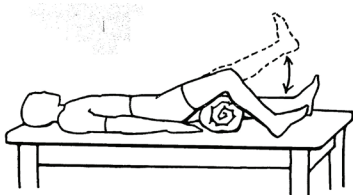
### STATIC QUADRICEPS

Keeping your knee straight, slowly lift your operated leg off the bed and lower.



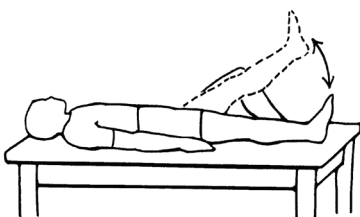
### KNEE FLEXION

Slide your heel up the bed, bending your knee.



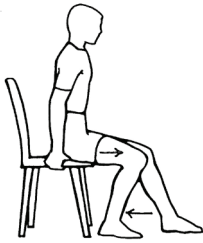
### INNER RANGE QUADRICEPS

Place a rolled up towel underneath your operated knee.  
Keeping your thigh down, lift your heel off the bed to straighten your knee.



### STRAIGHT LEG RAISE

Keeping your knee straight, slowly lift your operated leg off the bed and lower. (Bend your good leg to help support your back)

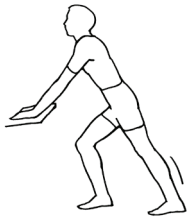


### **KNEE FLEXION**

With your foot of your operated leg fixed on the floor, slide your body forward in the chair to bend your knee.

With a piece of paper or plastic bag underneath your foot, slide your foot back and forth bending your knee (You may be able to improve your flexion by tapping your foot up and down between each bend).

Ensure the paper/bag is removed before standing up!



### **CALF STRETCH**

Place your operated foot back with your knee straight and your heel on the floor.

Lunge forward with your unoperated/front leg until you can feel a gentle stretch in your calf.

Hold for 20 seconds.

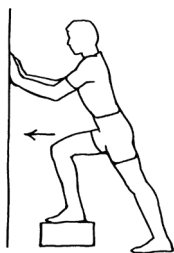


### **HAMSTRING STRETCH**

Place the foot of your operated leg up onto a raised surface (eg step).

Keeping your knee and back straight, bend forwards at your hips until you feel a gentle stretch in the back of your leg.

Hold for 20 seconds.



### **KNEE FLEXION / LUNGES**

Place your operated leg up onto a step.

Lunge forward to bend your knee until you feel a stretch.

As you improve, increase the height of the step.



### **QUADRICEPS EXTENSIONS**

Sitting on a chair with your thigh supported, slowly straighten your knee as much as you can then slowly lower.