

Advanced exercises for total knee replacement

Information for patients

This leaflet provides advanced exercises for patients who have undergone a total knee replacement to improve recovery. If you have any questions or concerns, please do not hesitate to speak to the team caring for you.

You should only try these exercises when you are comfortable doing the intermediate ones. Follow the exercises with care, if any of them make your pain worse, stop and seek advice.

Aim to do 10 of each exercise, three times per day, unless the instructions indicate otherwise. You may not be able to do this straight away and might need start with fewer and progress to doing 10 in your own time.

For some exercises we ask you to hold a position for up to 5 seconds. You may not be able to do this at first. Please try to build up to 5 seconds in your own time.

One of these exercises requires an exercise band. These can be purchased online or in some sports shops. Please make sure you use the appropriate band for you. Use one with less resistance to start and progress to the next level when you can comfortably complete the exercise 10 times, three times a day. Please look at the manufacturer's guidance for more advice.

Lunges on step

Stand at the bottom of a step. Place your operated leg on to the step.

Keeping your back straight, bend both knees and lower yourself as far as is comfortable. Then push back up into standing.

Aim to progress to your knees being at right angles. Hold on to a rail for support if needed, and progress to using no rails only if safe.



Standing dips

Stand on a step, facing away from the stairs. Hold on to a rail for support. Position your non-operated leg out in front of you and off the floor or step.

Lower yourself down as far as is comfortable. Hold for up to 5 seconds then push back up into standing straight.



Sit to stand with exercise band

Tie the exercise band in a loop so that it has some tension when placed around your knees.

Sit in a chair. Position the band around your knees with your knees slightly apart. Push your knees outwards against the band, and stand, using your hands to support if needed. Always keep the tension on the band. Once you have stood up, return to a seated position.



Wall squats

Stand with your back against the wall with your feet out in front of you.

Leaning against the wall, bend both knees and lower yourself down as far as is comfortable.

Hold for up to 5 seconds and push back up into a standing straight position.



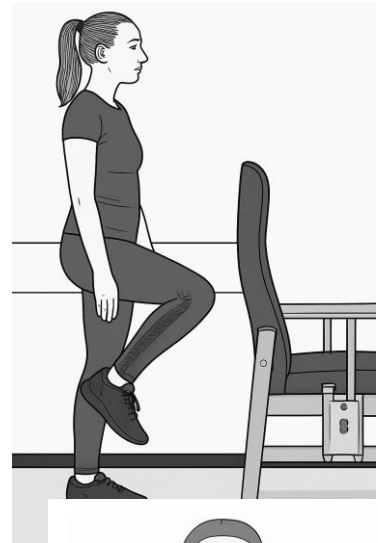
Single leg standing

Stand straight with a sturdy support in front of you. Lift your non-operated leg off the floor and stand for as long as possible without holding on to the support. Count how long you can do and try to increase that time with every go.

If you feel like you are going to lose balance, place your foot back on the floor and reach out for the support if needed to steady yourself.

If this becomes too easy you can make it harder by doing it with your eyes closed.

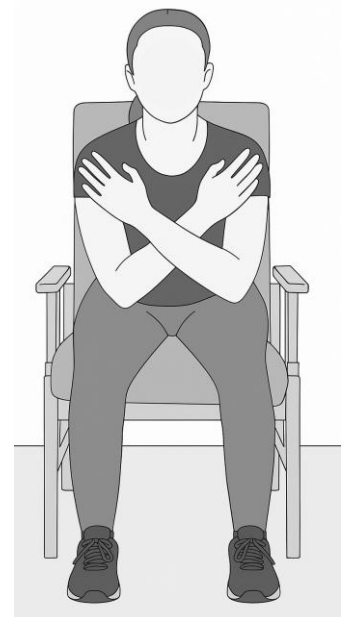
Try this 5 times per day



Sit to stand without using your arms

Sit in a chair with your arms across your chest. Lean forward and stand, without holding on to the arms of the chair. Then slowly lower yourself back into the chair, again, without the use of your arms.

If this is too difficult, try using one arm to help you push up before progressing to standing without arms.



Step ups

Stand at the bottom of a step. Step up on to the step leading with your operated leg. You may need to hold onto a rail to start, and progress to doing it without a rail when able.



Using an exercise bike

If you have access to an exercise bike and want to include it in your rehabilitation, make sure the saddle height is adjusted to allow your knee to bend comfortably.

Start with shorter periods initially and gradually progress the time spent on it. Do not force your knee to bend so it is painful when on an exercise bike. If it is painful, stop.

Exercise video

Please scan the QR code or visit <https://tinyurl.com/2j6uh89k> to see the exercise video that accompanies this leaflet.



MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net