

Intermediate exercises for total knee replacement

Information for patients

This leaflet provides intermediate 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 basic ones. Please find the basic exercises in the total or uni knee replacement booklet.

When you are comfortable with the intermediate exercises consider moving to the advanced exercises to continue your rehabilitation.

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 it is advised to hold a position for up to 5 seconds. You may not be able to do this initially. Please try to build up to 5 seconds in your own time.

Knee bends

Sit on a chair. Place a plastic bag, or other item that will reduce friction, under the foot on your operated side.

Keeping the foot on the plastic bag, slide the foot backwards as far as is comfortable.

Hold for up to 5 seconds and then slide it forward, returning to the starting position.



Knee bends with over pressure from non-operated leg

Sitting in a chair, place your operated foot flat on the ground with the non-operated foot over the top of it.

Slide the operated foot backwards on the floor, using your non-operated side to push it further and increase the amount of bend you have in your knee.

Hold for up to 5 seconds and return to the starting position.

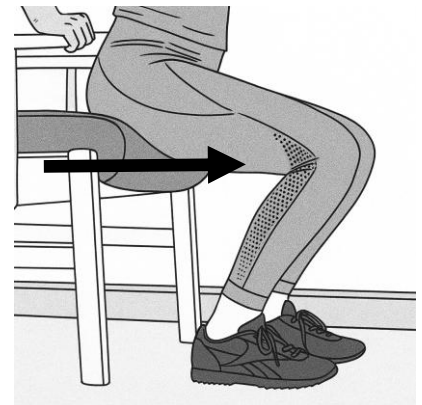


Bottom slides

Start sitting back in the chair with your knees bent as far as possible.

Using your arms to support you, gently slide your bottom forwards, keeping your feet planted on the floor.

Slide as far as is comfortable, hold for up to 5 seconds, and slide your bottom back to the starting position.



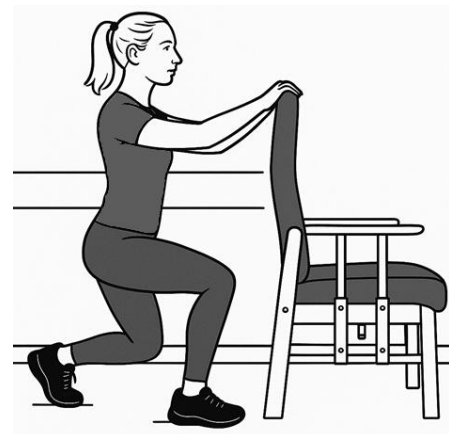
Lunges with chair

Stand and hold the back of a chair or something sturdy.

Place your non-operated leg behind you so just your toes are on the floor.

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

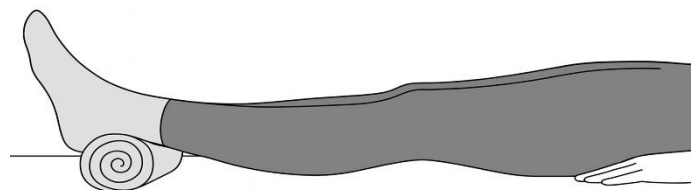
Aim to progress to your knees being at right angles.



Knee extension with heel support in lying

Start lying on the bed, with a rolled-up towel underneath the ankle of your operated leg. Squeeze your thigh muscles and push the back of the knee towards the bed.

Hold for up to five seconds and relax the leg.

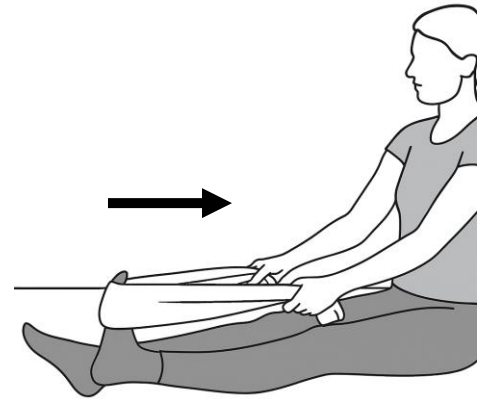


Calf stretch

Start by lying or sitting with your operated leg flat and your knee as straight as possible. Place a towel underneath the ball of your foot.

Keeping your knee straight, pull on the towel to move your toes towards you. You should feel a stretch at the back of your leg.

Hold for up to 5 seconds and relax the leg.

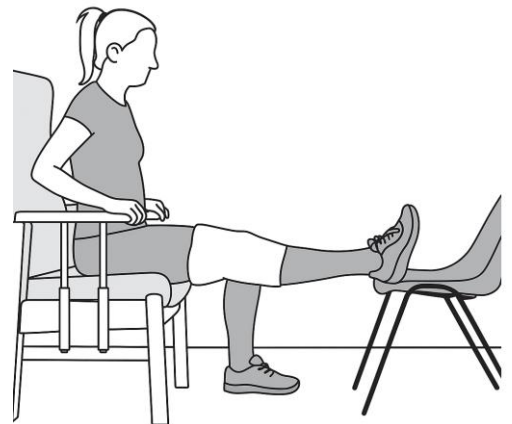


Knee extension with weights

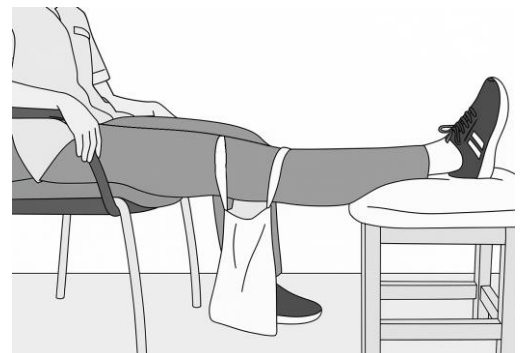
Sit with the foot of your operated leg resting on a chair, or footstool. Place a light weighted strap over the knee, to encourage the knee to straighten.

You may feel a slight stretch on the back of your knee, this is normal.

Rest in this position for up to 30 minutes, or as long as is comfortable.



Alternatively, you could use a shopping bag with water bottles in it. This way you can adjust the weight accordingly. Start with a small amount of water, and increase it gradually, to keep the slight stretch on the back of your knee. It should not be painful.



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/5bfzh2xa> 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