



## **Post Operative Exercise Protocol** **Knee Replacement**

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## Post Operative Exercise Porotocol Knee Replacement

A physiotherapist will have seen you in hospital following your operation . These instructions are provided for further reference for you at home. If at any time you are unsure please contact Dr Nimon’s Rooms for further advice.

Following knee replacement surgery it is ESSENTIAL to carry out regular daily exercise after your operation .This is required to rebuild the muscle strength around your knee and regain the movement of your knee, thus gaining the optimum result from surgery.

It is suggested you take pain relief at least 30 minutes prior to commencing exercises.

### EXERCISES

#### Breathing Exercises

Post surgery it is important to carry out breathing exercises for the first few days to maintain clear lung function. These exercises will be taught by your physiotherapist and progressed accordingly.

#### Circulatory Exercises (1-2 hourly throughout the day)

Wiggle ankles : stretching foot down then bringing back up , repeat at any time during the day / night to help improve blood flow  
Repeat x10

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**Static Quads**

In long sitting , push knee down into bed, thus tightening the muscle  
at the top of the thigh, hold for 3 then relax Repeat x10

PHOTO

**Knee Range Of Motion Exercises**

In long sitting, gently slide your foot up towards you r buttocks,  
bending the knee  
as far as able , hold for 3 , then let heel slide back down slowly.  
Repeat x10

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### Inner Range Quads

In long sitting, bend knee up and place rolled towel under knee. Push knee down into towel and lift heel up off surface thus straightening leg. Hold for 3 then let down slowly.

Repeat x10

PHOTO

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### Straight Leg Raise

In long sitting, hold leg straight by tightening the muscle on the top of the thigh. Lift leg up about 10-15cm, hold for 3 then let back down slowly. **It is important the knee is kept straight throughout the exercise.** Repeat x10

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### Hamstring Exercises

During week 2-3, once your wound has healed and your general strength and mobility has improved, hamstring exercises can start. Lying on tummy, lift foot up off bed taking heel back towards buttock. Hold for 3 then let leg back down slowly.

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### Walking

On day one after your operation you will get up for a stand with the support of a walking frame and the assistance of the physiotherapist. Your mobility will then be progressed each day as appropriate by the physiotherapist.

It is important to walk each day starting off with short distances, gradually increasing the number of walks and distance as strength improves.

**Out Patient Physiotherapy** : This may be required once you are discharged from hospital. This will be discussed with your physiotherapist.

If at any time you notice a significant increase in pain or swelling, please contact Dr Nimon for further advice.