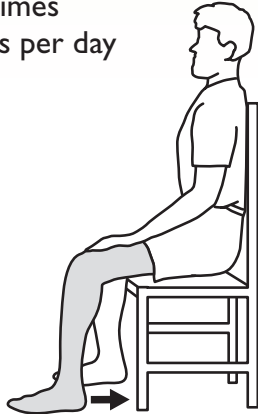


## 7. Sitting Knee Bend

- Sit in chair with feet on floor
- Slide heel back to bend your knee
- Keep both hips at the back of the chair as you try to bend your knee
- Hold \_\_\_\_\_ seconds  
Repeat \_\_\_\_\_ times  
Do \_\_\_\_\_ times per day



## After Surgery Tips

### Medication

Take as directed

### Using Ice

- ✓ Apply ice to the painful area for 10 to 15 minutes, 3 times a day. Cover ice with a towel and do not place the ice directly against your skin. Use ice more often if:
  - Your operated knee feels warmer to the touch than the other
  - Your knee looks red
  - Your knee is painful
  - You have finished your exercises

## Elevating Your Leg

- ✓ Lie down for 30 minutes, at least 3 times a day
  - Use pillows to support your leg
  - Your foot and ankle should be higher than your heart
  - Do ankle pumping (exercise 2) with your leg elevated

## Activity

- ✓ Avoid sitting for more than 30 minutes at a time
- ✓ To use your crutches on the stairs:
  - Up stairs: good (non-operated) leg first, then operated leg and crutches
  - Down stairs: crutches and operated leg first, then good (non-operated) leg

## Notes

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**Interior Health**  
*Every person matters*

# Knee Replacement Exercises

(0 to 3 weeks after surgery)

**Do only the exercises shown by your physiotherapist.**

Do these exercises on a firm bed. Begin by squeezing your stomach muscles. Do not hold your breath. Your back should not move when doing these exercises.

### 1. Deep Breathing and Coughing

- Breathe deeply in through your nose and out through your mouth
- Do this 3 to 6 times
- Finish with a cough
- Repeat every hour

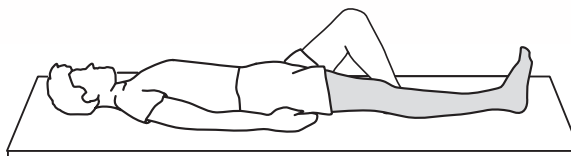
### 2. Ankle Pumping

- Lie on your back with your knee straight
- Move your foot up and down as far as you can
- Repeat often during the day



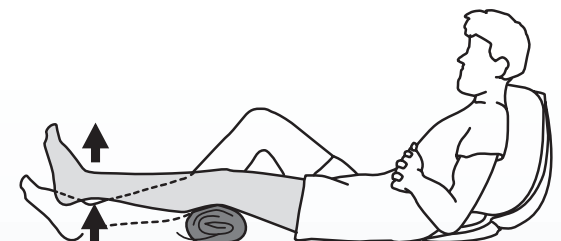
### 3. Thigh Squeezes

- Lie on your back with your knee straight
- Squeeze the front of your thigh
- Hold \_\_\_\_\_ seconds
- Repeat \_\_\_\_\_ times
- Do \_\_\_\_\_ times per day



### 4. Knee Straightening Over Roll

- Place large rolled towel under knee
- Rest knee on roll
- Straighten knee by lifting foot
- Do not lift your knee from the roll
- Hold \_\_\_\_\_ seconds
- Repeat \_\_\_\_\_ times
- Do \_\_\_\_\_ times per day



### 5. Heel Slides

- Lie on your back and slide your heel as far as it will go
- Use a towel behind thigh to help
- Use a smooth surface or garbage bag under your heel to make sliding easier.
- Hold \_\_\_\_\_ seconds
- Repeat \_\_\_\_\_ times
- Do \_\_\_\_\_ times per day



### 6. Knee Straightening

- Place a roll under your ankle
- Keep kneecap and toes facing upwards
- Squeeze thigh muscles gently
- Hold \_\_\_\_\_ seconds
- Repeat \_\_\_\_\_ times
- Do \_\_\_\_\_ times per day

