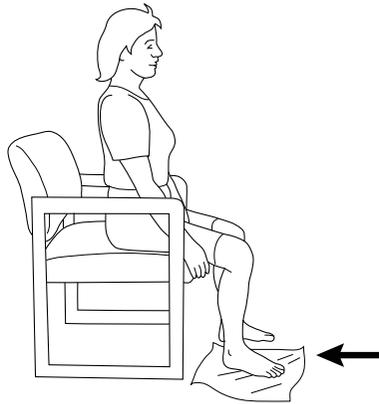


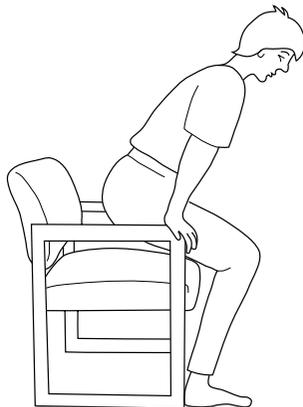
**The following exercises should be done at least twice a day:**

1. Sitting with your foot on the floor, slide your foot backwards and forwards, bending at the knee.

Start off with small movements to loosen the knee up before trying harder to get more. You can help the knee bend by pulling backwards with your other foot.

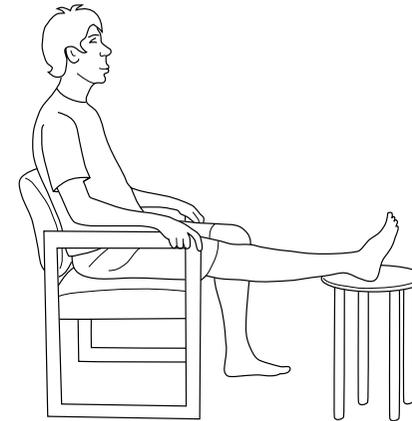


2. Standing in front of a chair with arm rests, reach back with your hands for support and without moving your feet forwards, bend your knees until you can feel a stretch. Hold for a few seconds and rise back up again.



3. Whilst sitting down spend some time every couple of hours with your foot up on a stool and a gap under your knee. This way gravity helps to straighten your knee.

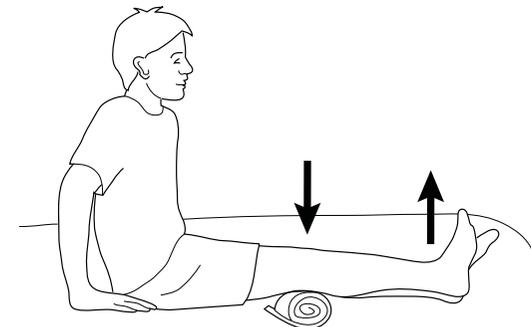
If your knee becomes too uncomfortable, try pulling the stool closer for a short while to give support under the knee before pushing it back out once the pain has eased. If this position isn't too sore try pushing your knee downwards using your thigh muscle.



4. Sitting on the bed with your legs stretched out in front of you, put a rolled up towel under your knee.

Pull your foot up at the ankle tightening your thigh muscle, and push your knee back into the towel, lifting your heel up from the bed.

Hold for 10 seconds, then relax.



Gradually build up the volume of exercises you are doing as time goes by.

When you attend your outpatient physiotherapy appointment your physiotherapist will progress these exercises as appropriate.

If you have any questions before attending this appointment please feel free to telephone the inpatient physiotherapy department on **0114 271 4112**.



## Information for patients

# Total knee replacement - home exercises

When you go home from hospital following your knee replacement, you will have either been given an outpatient appointment, or a referral will have been made for you to receive an appointment through the post or by telephone.

Whilst you wait for this appointment it is very important that you continue with the exercises given to you by your physiotherapist to avoid your knee stiffening up and the muscles becoming weak. You can also find other useful exercises in the Knee Replacement booklet you were given at Pre-assessment clinic.