

Trauma & Orthopaedics – Knee Replacement

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Physiotherapy for Total Knee Replacement

This section provides very important information on the exercises that you must undertake before and after your surgery.

You should do exercises 1 – 10 in the weeks between Joint School and admission.

1. Deep Breathing

Take 6 deep breaths every hour to encourage lung expansion.

2. Toe Points

Bring your foot towards you then point your toes. Keeping your knees straight during this exercise will also stretch your calf muscles.

Repeat 10 times regularly



Black Sock on the operated leg

3. Ankle Rotations

Rotate both ankles in a clockwise and anti-clockwise direction.

Repeat 10 times regularly



My Planned Care Patient Information Platform

4. **Static Quads:**

With your leg straight, pull your toes towards you and tighten your thigh muscle by pushing your knee firmly down into the bed.

Hold for 5 seconds.

Repeat 10 times at least 3-4 times a day.



5. **Towel Knee Extensions**

Place the roll provided or a rolled-up towel under your knee. Pull your foot and toes up by tightening your thigh muscle and straightening your leg. Hold for 5 seconds. Slowly relax.

Repeat 10 times at least 3-4 times a day.



6. **Straight Leg Raise**

Pull your toes up and straighten your knee. Lift your leg up off the bed, whilst keeping it straight.

Hold for 5 seconds. Slowly relax.

Repeat 10 times at least 3-4 times a day.



7. **Bed Heel Slide**

Sit on the bed. Bend and straighten your hip and knee by sliding your heel up and down the bed.

Repeat 10 times at least 3-4 times a day.



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8. Chair Heel Slide

Whilst sitting in a chair with your thigh supported, slowly bend your knee as far as you can. Hold your knee in this position for 10 seconds. Slowly relax.

Repeat 10 times at least 3-4 times a day.



9. Chair Knee Extension

Sitting in the chair, straighten your knee out in front of you. Hold for 5 seconds. Slowly relax. Repeat 10 times

Do this at least 3-4 times a day.



10. Hamstring Stretch:

Sitting, with your heel supported on a chair or rolled up towel, allow your knee to straighten. Hold for 30 seconds. Repeat 3 times

Do this at least 3-4 times a day.



To progress this exercise, bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

What should I do if my health is deteriorating?

If your condition is deteriorating, please contact your General Practitioner who can assess your clinical condition and how it may have deteriorated to advise on any additional actions which may support you.

Contact Us

If you need to contact us regarding your condition, please telephone your consultant's medical secretary.