

Phase 2 Knee Exercises

Exercise is part of a successful surgery and getting back to normal, everyday living. Continue with any of the previous exercises you feel are helpful.

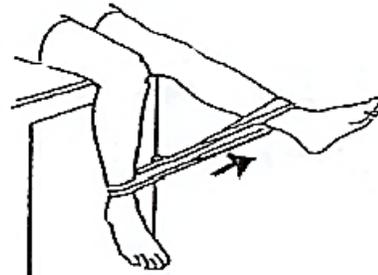
Do these exercises on both legs so both legs are getting strong. Do all exercises slowly and with control. Repeat each exercise at least 5 times, and gradually increase the repetitions and resistance.

Maintain proper leg alignment when doing the exercises (ankle in neutral, knee in line with second toe, hips level, and trunk straight – do not twist or lean)

3-4 sets/day, 5-15 repetitions each

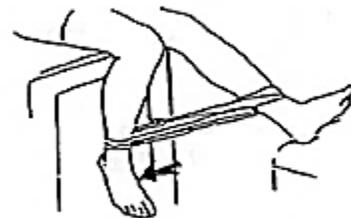
Exercise #1: Resisted Knee Extension

1. Sit in a steady chair and put the elastic loop around both ankles.
2. Lifting one foot, straighten your leg while keeping the other foot on the floor as you stretch the elastic loop.
3. Slowly lower your foot back to the starting position.
4. Repeat.



Exercise #2: Resisted Knee Flexion

1. Sitting in a steady chair, put the elastic around both ankles.
2. Put one foot on a stool and pull the opposite foot back under the chair, stretching the elastic. Keep the other foot steady as you stretch the elastic.
3. Slowly return to the starting position.
4. Repeat.



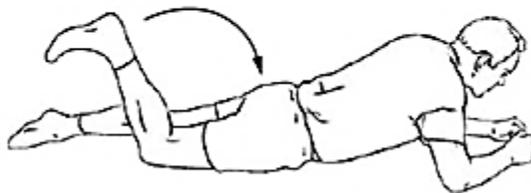
Exercise #3: Sit to stand

- Use a chair with armrests if you need to use your arms at first while you build up strength in your legs.
 - Use a pillow to raise the seat level if it is too low.
1. Sit on the front edge of a steady chair with your knees shoulder width apart.
 2. Make sure your knees are lined up with your feet.
 3. Slowly raise and lower yourself from the chair without using your arms.
 4. Put equal pressure on your legs. Don't lean forward at the waist.
 5. Repeat.



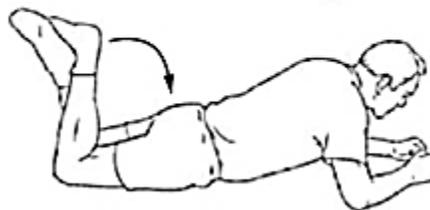
Exercise #4: Knee Flexion

1. Lie on your stomach, with your legs straight.
2. Bend one leg, lifting the heel toward your buttocks.
3. Slowly lower your leg to the starting position.
4. Repeat.



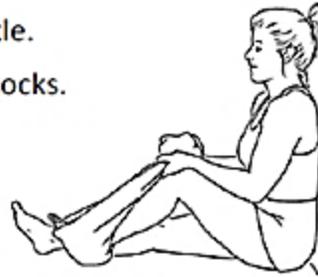
Exercise #5: Assisted Knee Flexion

1. Lie on your stomach and bend both legs up toward your buttocks.
2. Cross one leg behind the other at the ankle.
3. Use the heel on the outside leg to gently push the inside leg toward your buttocks.
4. Hold for a count of 15.
5. Release and repeat.



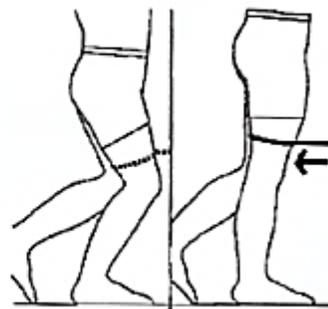
Exercise #6: Sitting knee stretch

1. Sit with one leg bent and loop a towel around the ankle.
2. Using the towel, gently pull the heel toward your buttocks.
3. Hold for a count of 15.
4. Release and repeat.



Exercise #7: Standing Resisted Knee Extension

1. Place one end of an elastic loop around a secure object and the other end around one thigh, keeping the knee bent slightly.
2. Hold onto a table or other steady object.
3. Slowly straighten the leg to stretch the elastic loop, keeping your heel on the floor.
4. Return slowly to the starting position.
5. Repeat.



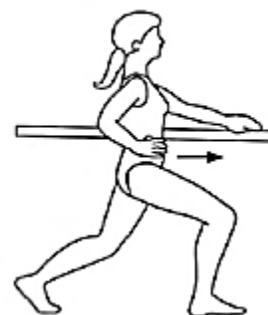
Exercise #8: Step up, step down

1. Place a solid object 5 to 10 cm (2 to 4 inches) thick on the floor to use as a step.
2. Hold onto a table or counter for balance, and step forward and up onto the object.
3. Slowly step back down.
4. Repeat.



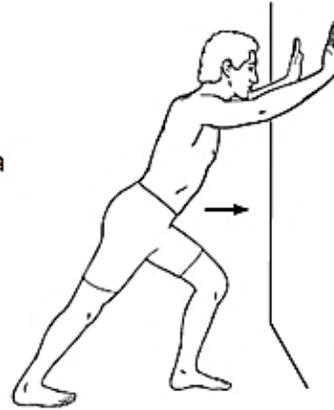
Exercise #9: Split squat lunge

1. Hold onto a table or counter for balance and move one leg forward.
2. Bend the forward leg and lean your upper body over the bent knee.
3. Hold for a count of 3 to 5.
4. Slowly relax and return to a standing position.
5. Repeat.



Exercise #10: Calf stretch

1. Stand facing a wall and place your hands on the wall.
2. Move one leg forward and bend it while keeping the other leg straight.
3. Slowly lean your hips toward the wall, until you feel a stretch in the back of the straight leg.
4. Hold for a count of 3 to 5.
5. Slowly relax the stretch.
6. Repeat.



Activity Guidelines Following Knee Replacement

First 3 Months

- Walking
- Phase 1 exercises
- Phase 2 exercises – start when your case manager or physiotherapist tells you to
- Cycling on an exercise bike: the seat must be set high enough for a comfortable knee bend
- Swimming and other pool exercises: Only after the incision is completely healed. Be careful to avoid any twisting motions like a whip kick

Suitable Activities 3 Months After Joint Replacement Surgery

- Low impact aerobics that **don't** involve jumping, twisting, quick starts or stops, or other movements that put sudden force on your knee.
- Walking on a treadmill and light hiking
- Cycling on regular bicycle. Adjust the seat height as needed to let your knee bend comfortably
- Golfing
- Slow, gentle dancing (avoid pivoting or twisting)
- Gardening with raised beds or long handled tools or devices

Activities Not Recommended

- Do not lift and push heavy objects (more than 25 lbs or 11kg)
- Do not do any activities involving jumping, twisting, quick starts or stops, or other movements that put sudden force on your knee
- Do not do contact sports

*The above listed are **guidelines only**, please speak to your surgeon about any sports or other activities you wish to do.