

Total Knee Replacement Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Heel hang

- Lay flat on your back or sit supported upright with the affected leg out straight and the heel place on a raised surface
- Try to relax the leg as much as possible and allow the knee to gently move towards full knee extension.
- Pain levels should be manageable.
- To help provide a slight overpressure to the stretch and where appropriate, a small weight can be placed just above the knee.
- **Hold position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 3 times.**



2. Heel slide

- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel along the surface up towards you by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel as close to the hip as possible.
- After a 2 second hold, begin straightening the knee by sliding the heel away from you.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Inner range quads

- Lay flat on your back or sit supported upright with the legs out straight.
- Position a pillow/rolled up towel under the knee to support it in a slightly bent position.
- Push the back of your knee down into the towel/pillow by tightening the muscles at the front of your thigh – your heel may come off the floor.
- Hold the squeeze with moderate pressure for 10 seconds before gently releasing the pressure.
- **Perform this exercise up to 10 times, rest for 1 minute.**