

Physiotherapy department

Patient information leaflet:

Pre-operative total knee replacement exercises


The usual waiting time for an elective total knee replacement has increased due to the impact of the ongoing pandemic. Whilst we are seeing patients as quickly as possible for this procedure, you will need to wait longer for your planned surgery. During this time, you may find that your legs become weaker and that your mobility reduces.




These exercises are designed to help maximise your fitness before your surgery and will help with your recovery after your operation.





As you begin your exercise programme, be aware that people respond to a new exercise regimen in different ways. Start your exercises gently, building them up gradually over time. If you experience any discomfort or pain from a particular exercise, stop doing that exercise or reduce the number of times that you perform it.

Aim to work up to practicing your exercises twice a day, every day before your surgery.

It may be beneficial to practice the exercises on both legs.

Type of exercise	Image of exercise	Exercise instructions
1. Ankle pumps		<p>Lie on your back with your legs straight.</p> <p>Briskly bend and straighten your ankles.</p> <p>Repeat 10 times.</p>

Type of exercise	Image of exercise	Exercise instructions
<p>2. Knee extension in supine</p>	 <p>©Physiotools</p>	<p>Lie on your back with one leg bent and the other leg straight.</p> <p>Bend the ankle of the straight leg and press the back of the knee flat using your front thigh muscles.</p> <p>Hold the tension for a moment and then relax.</p> <p>Repeat 10 times.</p>
<p>3. Straight Leg Raise in Supine</p>	 <p>©Physiotools</p>	<p>Lie on your back with one leg bent, the other leg is straight.</p> <p>Bend the ankle of the straight leg, contract the muscles of your front thigh and lift the leg up a couple of inches keeping it straight.</p> <p>In a controlled manner, return to the starting position.</p> <p>Repeat 10 times.</p>
<p>4. Mini squat</p>	 <p>©Physiotools</p>	<p>Stand tall with feet hip width apart holding on to a support.</p> <p>Squat down by sitting back.</p> <p>Return to the starting position.</p> <p>Note:- Keep hips, knees and toes aligned. Keep your weight evenly on your whole foot. Chest up, trunk almost upright.</p> <p>Repeat 10 times.</p>

Type of exercise	Image of exercise	Exercise instructions
<p>5. Knee Extension in Sitting</p>	 <p>©Physiotools</p>	<p>Sit up straight on a sturdy chair, so that your feet are supported on the floor.</p> <p>Bend your ankle and straighten your knee using your front thigh muscles.</p> <p>Slowly lower foot to floor again.</p> <p>Repeat 10 times.</p>
<p>6. Gentle extension stretch</p>	 <p>©Physiotools</p>	<p>Sitting on a chair, with the leg to be exercised supported on a chair as shown.</p> <p>Let your leg straighten in this position.</p> <p>Hold for up to 5 mins.</p>
<p>7. Seated hamstring stretch</p>	 <p>©Physiotools</p>	<p>Sit on a chair. Put one leg in front of the other with your knee slightly bent.</p> <p>Lean forward keeping your back straight.</p> <p>Hold 20 seconds, repeat twice.</p>
<p>8. Chair push ups</p>	 <p>©Physiotools</p>	<p>Sitting on a chair, back straight.</p> <p>Clasp the arms of the chair and lift your bottom from the seat by straightening your arms and pushing the shoulders down. Do not let your chin protrude forward.</p> <p>Repeat 10 times.</p>

How to provide feedback

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email PALs@wvt.nhs.uk (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

[Wye Valley NHS Trust](#) website

Telephone 01432 355444