

KNEEDOC

EDWIN DILLON
ORTHOPAEDIC SURGEON

PRE-KNEE REPLACEMENT CONDITIONING EXERCISES

After many years of performing knee replacements surgery it is clear to us that patients who perform a dedicated exercise programme before the operation recover significantly quicker following the operation.

We therefore recommend you set aside the time before the operation to familiarise yourself with these exercises. They are all very simple and we have included diagrams to assist you. Should you have any uncertainties about how to perform the exercises we would recommend that you consult a physiotherapist or bio-kineticist.

All these exercises will form part of your post-operative rehabilitation as well. It will therefore make it so much easier for you during your recovery if you are already familiar with them.

If you have any cardiac condition it is recommended that you consult your treating GP or physician to be sure it is safe for you to start to do the exercises.

FLOOR EXERCISES

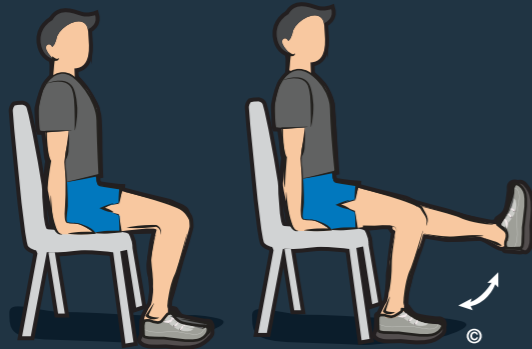
It is preferable to do these exercises on the floor with a soft covering. Otherwise use an exercise mat. If you cannot get down and up from the floor then do these exercises on a bed with a firm mattress.

START HERE

REPEAT
10x

01

CHAIR EXERCISE SITTING KICKS



Sit on a stable chair and raise your leg until it is straight. Hold the position for 5 seconds and then slowly lower your leg.

02

CHAIR EXERCISE STANDING ON ONE LEG

REPEAT
10x

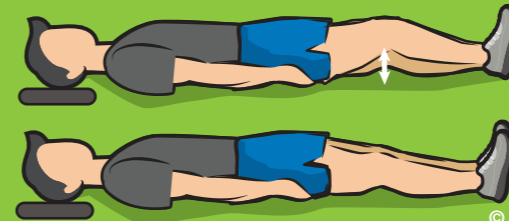


Place yourself behind and slightly to one side of the chair. Hold on to the backrest of the chair. Lift up your good leg and stand on your affected leg for 20 seconds.

03

FLOOR EXERCISE THIGH SQUEEZES

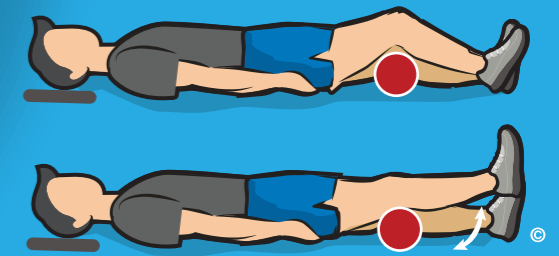
REPEAT
10x



Lie on your back. Tighten the thigh muscles of both your legs by pushing the back of your knees down to the floor. Hold for five seconds and then release. Rest for 5 seconds.

04

FLOOR EXERCISE LYING KICKS



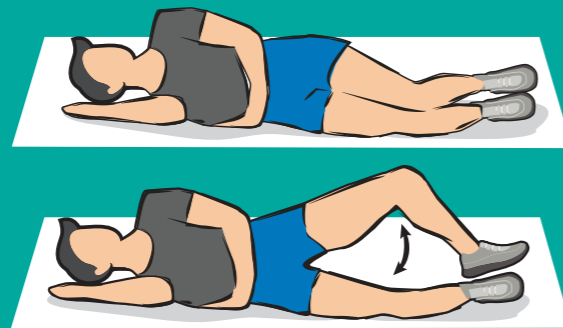
Lie on the floor and place a rolled towel under your bad knee. Push the knee down against the towel and straighten your leg. Hold the position for 5 seconds. Slowly lower your leg down. Rest for 5 seconds.

MUSCLE STRENGTHENING EXERCISES

All the exercises are recommended. We suggest you perform them twice per day. Perform 10 repetitions of each exercise before moving on to the next exercise.

07

FLOOR EXERCISE CLAMSHELLS

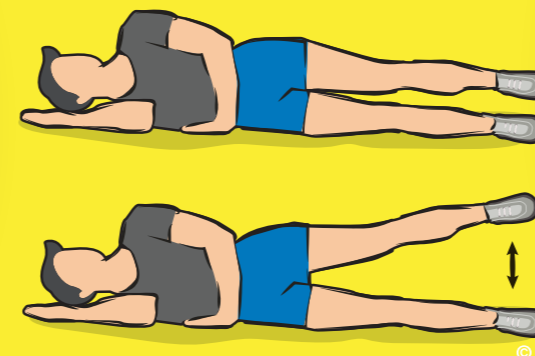


REPEAT
10x

Lie on your good side. Bend your knees. Keeping your heels together, open and close your legs like a clamshell.

06

FLOOR EXERCISE SIDE-LYING STRAIGHT LEG RAISES

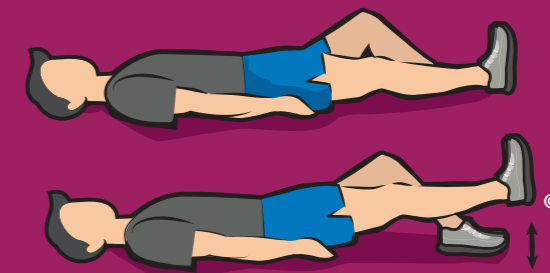


REPEAT
10x

While lying on your good side, lift your bad leg straight toward the ceiling to a distance of about 30cm from your other leg.

05

FLOOR EXERCISE STRAIGHT LEG RAISES



Lie on your back and place your bad leg flat on the floor. Bend the other leg until the foot is flat on the floor. Raise your bad leg up to about 30cm and hold it there for five seconds. Then slowly lower your leg. Rest for 5 seconds.

REPEAT
10x

REPEAT
10x

OTHER RECOMMENDED ACTIVITIES



CYCLING ON A STATIONARY BICYCLE

This is an excellent exercise if your current knee range of movement allows it. If your knee bending is limited try to raise the seat a bit and you may be able to make a full pedal stroke. If you experience excessive pain while cycling or if the knee swells thereafter it is better to stop. If you are able to cycle we recommend you start on a very low resistance (easy to pedal). Start with 5 minutes per day and increase it after 1 week to 7 minutes per day. Continue to increase by 2 minutes per day after every week. Aim to get to about 20 minutes of cycling per day. You should be able to start cycling on a stationary bicycle at 6 weeks after the knee replacement operation.



SWIMMING

This is an excellent way to maintain good cardiovascular fitness. You should be able to swim from 4 weeks after the knee replacement.



AQUA AEROBICS

This is also very beneficial following the operation so if you enjoy water exercises then it is a good idea to slot in with a class before the operation. You should be able to commence with aqua-aerobics 4 weeks after your knee replacement.

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