

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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