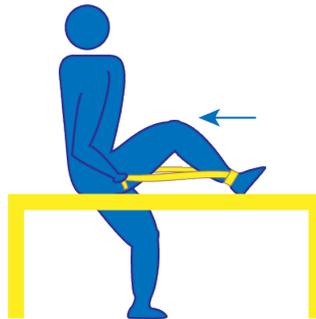


# Knee Replacement Post-operative Exercises (Early Phase)

## Knee bend

1. Sit on bed; wrap towel roll on to calf.
2. Bend your surgical knee by pulling the towel roll and bringing your leg to your body.
3. Hold for 10 seconds, repeat 10 times.



## Lying kicks

1. Lie in bed with a pillow or milk powder can under the surgical knee.
2. Draw your toes and foot up towards you and straighten the knee.
3. Hold 5 seconds, repeat 10 times.



## Lying calf stretch

1. Sit on bed with surgical knee extended.
2. Put the towel roll around your ball of foot and hold the ends.
3. Draw your toes and foot up towards you, and pull the towel to bring your foot towards your body.
4. Hold for 10 seconds, repeat 10 times.



## Straight leg raises

1. Lie in bed.
2. Draw your toes and foot up towards you and lift your leg while keeping your knee straight.
3. Hold 5 seconds, repeat 10 times.



## Lying hamstring stretch

1. Sit on bed with surgical knee extended.
2. Keep your back straight, bring your chest forward to stretch the back of your thigh.
3. Hold for 10 seconds, repeat 10 times.



## Bridging

1. Lie in bed with your knees bent.
2. Lift your buttock while keeping your back straight and upper body relaxed.
3. Hold for 5 seconds, repeat 10 times.



The Department of Orthopaedics and Traumatology and the Physiotherapy Department of the Alice Ho Miu Ling Nethersole Hospital would try to ensure the accuracy of information provided on the leaflet. The information contained in the leaflet has been made available for reference only, and is not intended to be a substitute for diagnosis or prevention of any disease. If any person feels unwell, please seek medical advice promptly to receive timely and appropriate treatment. The Alice Ho Miu Ling Nethersole Hospital shall under no circumstances be responsible or liable for any joint replacement post-operative exercises performed without professional guidance. If you have any questions about the video content and other information on the leaflet, please consult a registered doctor or physiotherapist.

The Alice Ho Miu Ling Nethersole Hospital hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of the leaflet, which are provided as are, and without warranties.



Dept. of Orthopaedics & Traumatology  
and  
Physiotherapy Department

關節置換  
重投生活  
Replacing Joints  
Restoring Lives