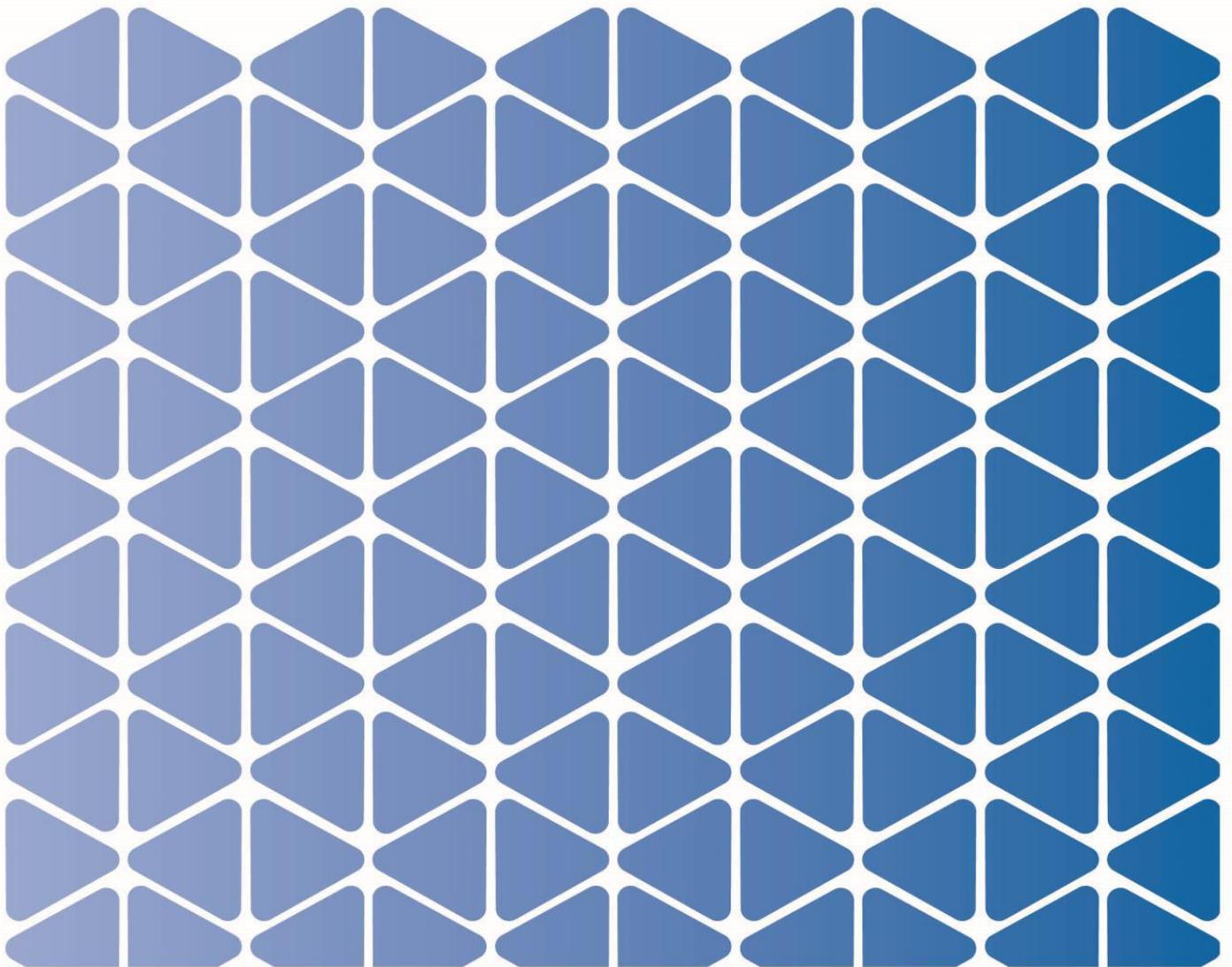




PATIENT INFORMATION
Physiotherapy Department

EXERCISES AFTER KNEE SURGERY



Introduction

This leaflet is designed to help you with exercises after your knee surgery.

Your Physiotherapist will guide you with regards to the frequency and number of repetitions you need to do.

Please only complete the exercises that have been ticked by your Physiotherapist. **If you are required to wear a knee brace, you must wear it for all exercises ticked below. Do not force your knee to move past the limits of the brace.**

Swelling management

Your knee will swell after the operation. To help reduce this you should:

- Keep your leg elevated (ankle higher than hip) when you are resting, it is more comfortable to rest your whole leg with the knee supported than resting just your foot on a stool.
- Do not walk long distances for the first week after your surgery.

Once you have removed your outer bandage you should apply 'cold' to your knee. Cover your knee with cling film or a plastic bag and place a large bag of frozen peas or crushed ice, wrapped in a damp towel, around the knee for 15 minutes.

You must remember to use the towel and plastic cover to prevent ice burns and protect the wounds. Try to do these 3 times each day, but never exceed 15 minutes at a time.

Do not use ice if you have poor sensation over the area, an infected wound or conditions affecting your circulation, without discussing with your physiotherapist first.

Resting positions

When resting after doing your exercises, or walking with your crutches, you should rest with your knee straight. This is very important; do not put any support under the knee such as a pillow which keeps the knee partly bent.

Exercises

Please only complete the exercises that have been ticked by your Physiotherapist.

<input type="checkbox"/>		<p>Active knee flexion</p> <p>Lie on your back with your legs straight.</p> <p>Bend your knee by sliding your heel towards your buttocks and return to the starting position.</p> <p>Repeat 10 times.</p>
<input type="checkbox"/>		<p>Active knee extension</p> <p>Lie on your back with one knee bent and the other knee straight.</p> <p>Pull the toes on the straight leg up towards you and press the back of your knee into the bed/floor (as appropriate) using your front thigh muscles.</p> <p>Hold the tension for 5 seconds then relax.</p> <p>Repeat 10 times.</p>
<input type="checkbox"/>		<p>Inner range quadriceps</p> <p>Lying or sitting on the bed with your legs out in front of you, place a rolled towel or a block under your knee.</p> <p>Keeping the back of your knee on the towel or block, straighten your knee as much as possible so your heel lifts off the bed.</p> <p>Hold for 5 seconds and slowly lower your heel back to the bed. Repeat 10 times.</p>

		<p>Seated knee flexion</p> <p>Sit up straight on a sturdy chair so that your feet are supported on the floor. Slide your foot backwards on the floor and bend your knee as much as possible.</p> <p>Hold for 5-10 seconds then return to the starting position.</p> <p>Repeat 10 times.</p>
		<p>Self-assisted seated knee flexion</p> <p>Sit up straight on a sturdy chair.</p> <p>Cross your ankles, with the un-operated leg on top of the other. Use your assisting leg to bend your affected knee as much as possible.</p> <p>Hold for 5-10 seconds then return to the starting position.</p> <p>Repeat 10 times.</p>
		<p>Seated knee extension</p> <p>Sit up straight on a sturdy chair so that your feet are supported on the floor.</p> <p>Pull your toes up towards you and straighten your knee using your front thigh muscles. Hold the position for 5 seconds. Slowly lower your foot back down to the floor.</p> <p>Repeat 10 times.</p>

If you have any questions about this information, please contact the Physiotherapy Department at the hospital where you had your treatment between 8:30am and 4:30pm Monday to Friday on the direct dial numbers below:-

Worcestershire Royal Hospital

01905 760622 / 760187

Alexandra Hospital

01527 512114

Kidderminster Hospital and Treatment Centre

01562 513066

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.