

# Stiff knee exercise programme after a knee replacement

Orthopaedics and Physiotherapy

Information for Patients

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**This programme is for patient with a stiff knee after having a knee replacement.**

It takes **30 minutes** to complete. You should do this **2 or 3 times** daily as well as walking and staying active.

**Important:** Take pain medication as needed before starting exercises for maximum relief.

## Equipment you need:

- Pain relief
- Chair, ideally with arms and not wheeled
- Plastic bag
- Large book or block, wall or step
- Ice pack (like a bag of frozen peas wrapped in a tea towel)

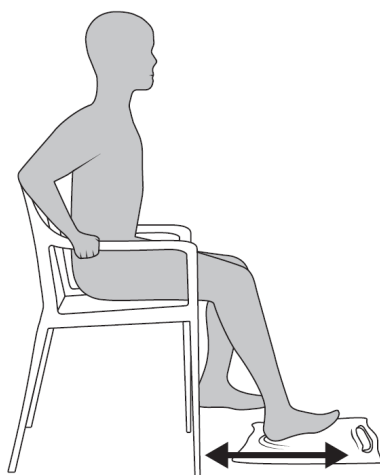
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## Warm up (5 minutes)

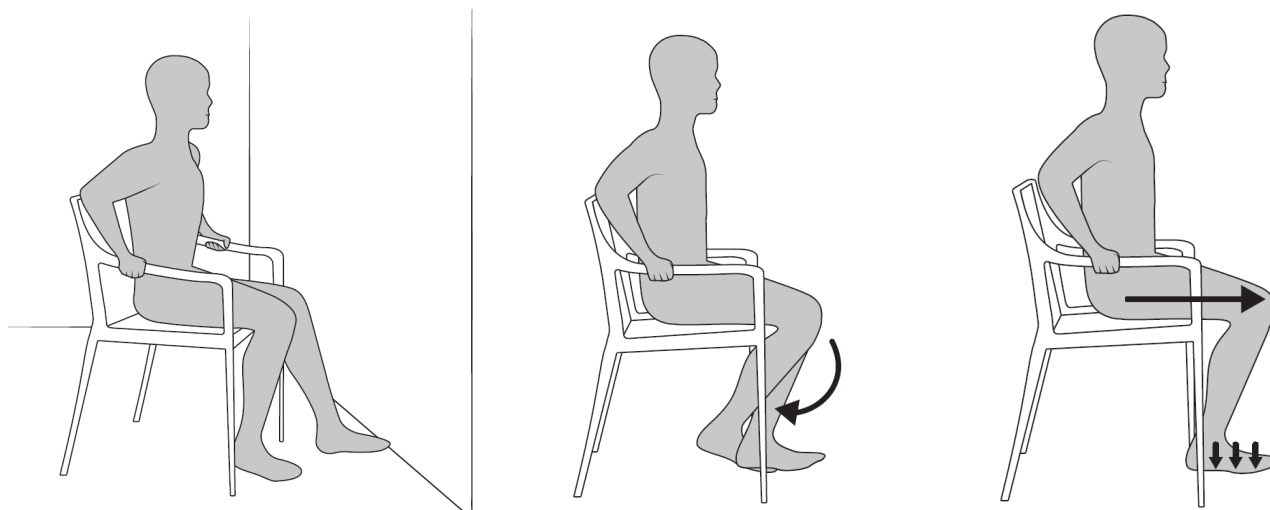
### Slide exercises

Bend and straighten the knee. Put the plastic bag under your foot to help it slide.



### Bending the knee

It is normal for the pain to reach **7 out of 10** when doing the exercises to increase the bend. It should feel difficult and feel like hard work!

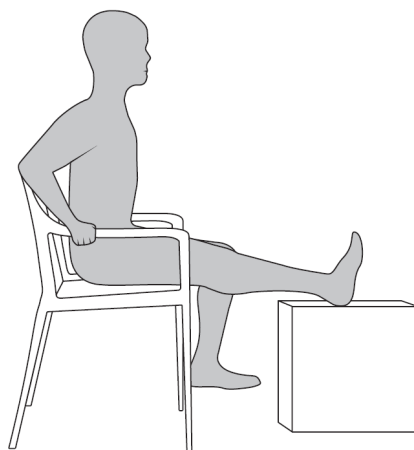


1. Seated knee bend against a wall (Use a book in front of the wall or step as the movement improves).
2. Use the opposite leg for over pressure.
3. Shuffle the bottom forward on the chair. Use the arms of the chair to pull your weight over onto the side and bend forward.

## Straightening the knee (5 minutes)

It is very important for walking that the knee goes fully straight.

It is normal for the pain to reach **7 out of 10** when doing these exercises to straighten the knee. It should feel difficult and feel like hard work!

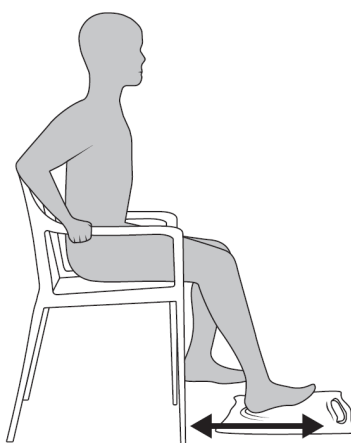


1. Squeeze your thigh muscle to push the knee straight.
2. Over pressure with hands (or bag of rice / flour on top of your knee).
3. Static holds: sit with the foot supported nothing under the knee.

## Cool down (5 minutes)

### Slide exercises

Bend and straighten the knee, put the plastic bag under your foot to help it slide.



**Ice pack to knee (10 minutes).** Check the skin regularly to prevent ice burns.

**If you are struggling to straighten the knee, spend 15 minutes on 'straightening knee' exercises and 5 minutes on the 'bending knee'.**

## Programme diary

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

## Contact details

If you have any problems contact the person who gave you this information leaflet, or your Physiotherapist, Consultant or GP.

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