



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



دليل تمارين الاستبدال الكلي للركبة

Total Knee Replacement Exercise Guide

Early Postoperative Exercises:

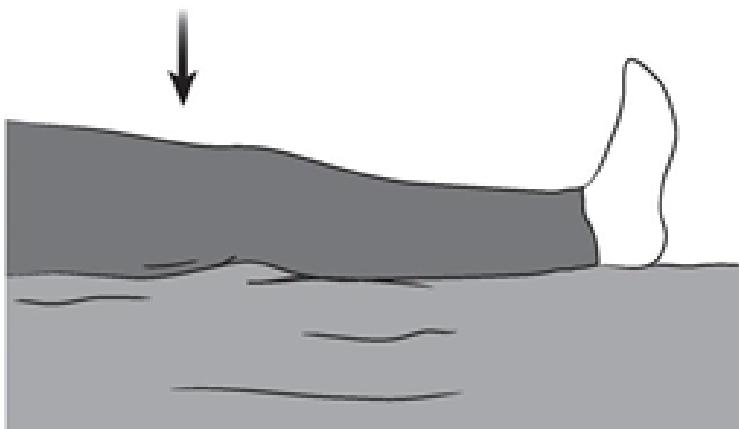
The following exercises will help increase circulation to your legs and feet, which is important for preventing blood clots. They will also help strengthen your muscles and improve knee movement.

- Start the exercises as soon as you are able.
- You can begin them in the recovery room shortly after surgery.

You may feel uncomfortable at first, but these exercises will help speed your recovery and actually diminish your postoperative pain.

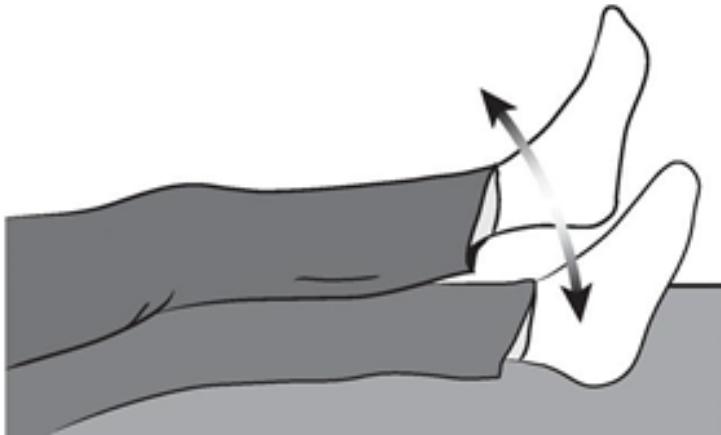
Quadriceps Sets:

- Tighten your thigh muscle.
- Try to straighten your knee. Hold for 5 to 10 seconds.
- Repeat this exercise approximately 10 times during a 2-minute period, rest one minute, and then repeat.
- Continue until your thigh feels fatigued.



Straight Leg Raises:

- Tighten your thigh muscle with your knee fully straightened on the bed, as with the quadriceps set above.
- Lift your leg several inches. Hold for 5 to 10 seconds
- Slowly lower.
- Repeat until your thigh feels fatigued.
- This exercise should take 3 minutes.



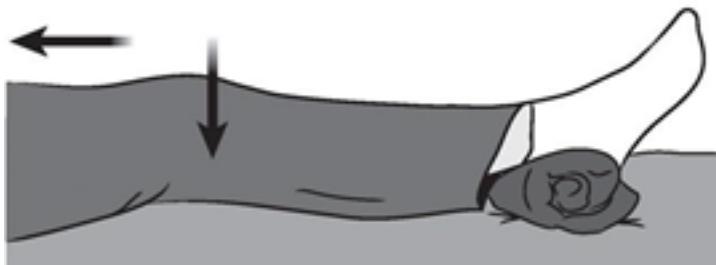
Ankle Pumps:

- Move your foot up and down rhythmically by contracting your calf and shin muscles.
- Perform this exercise for 2 to 3 minutes, 2 to 3 times an hour in the recovery room.
- Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.



Knee Straightening Exercises:

- Place a small rolled towel just above your heel so that your heel is not touching the bed.
- Tighten your thigh.
- Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for 5 to 10 seconds.
- Repeat until your thigh feels fatigued.
- This exercise should take 3 minutes.



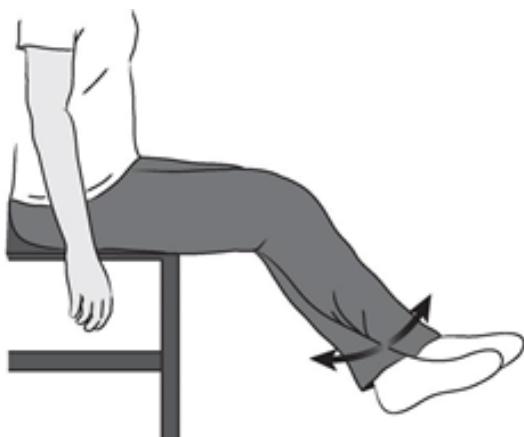
Bed-Supported Knee Bends:

- Slide your foot toward your buttocks, bending your knee and keeping your heel on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds.
- Straighten your leg.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 2 minutes.



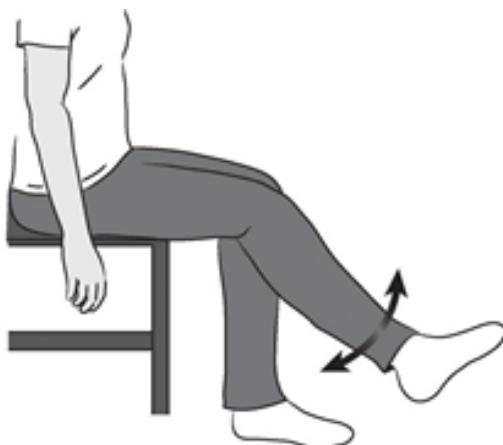
Sitting Supported Knee Bends:

- While sitting at your bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support.
- Slowly bend your knee as far as you can. Hold your knee in this position for 5 to 10 seconds.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 2 minutes.



Sitting Unsupported Knee Bends:

- While sitting at bedside or in a chair with your thigh supported, bend your knee as far as you can until your foot rests on the floor.
- With your foot lightly resting on the floor, slide your upper body forward in the chair to increase your knee bend. Hold for 5 to 10 seconds.
- Straighten your knee fully.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 3 minutes.



Walking:

- Proper walking is the best way to help your knee recover. At first, you will walk with a walker or crutches.
- Stand comfortably and erect with your weight evenly balanced on your walker or crutches.
- Advance your walker or crutches a short distance; then reach forward with your operated leg with your knee straightened so the heel of your foot touches the floor first.
- Walk as rhythmically and smoothly as you can. Don't hurry. Adjust the length of your step and speed as necessary to walk with an even pattern.



Assisted Knee Bends:

- Lying on your back, place a folded towel over your operated knee and drop the towel to your foot.
- Bend your knee and apply gentle pressure through the towel to increase the bend. Hold for 5 to 10 seconds.
- Repeat several times until fatigued.
- This exercise should take 2 minutes.



Exercising:

- Riding an exercise bike is an excellent activity to help you regain muscle strength and knee mobility.
- Exercise for 10 to 15 minutes, 2 times a day, and gradually build up to 20 to 30 minutes, 3 to 4 times a week.
- Later on, excercycling will help you build strength in the muscles around your knee.



لأن الوعي وقاية

إدارة التثقيف الصحي

Home Care Allied Health Department