

STAIRS TECHNIQUE

- If you have stairs at home your physiotherapist will practice the technique before you are discharged.
- Whilst you are using elbow crutches, you will find the following technique easiest. Take your time, do one step at a time and rest if needed.

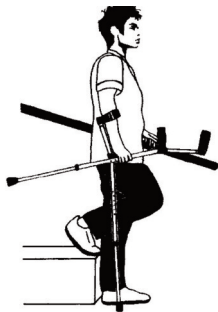
Going up

- 1) Lead with the un-operated leg
- 2) Then the operated leg to the same step
- 3) Then finally the crutch



Going down

- 1) Crutch down first
- 2) Then the operated leg
- 3) Then your un-operated leg



INFORMATION LEAFLET

KNEE SURGERY

EXERCISES FOLLOWING SURGERY:

1. You will be taught your exercises by the physiotherapist.
2. It is then your responsibility to continue with your exercises independently, little and often throughout the day.
3. Your physiotherapy session will involve checking your exercise techniques and assessing your mobility.
4. If you are unsure regarding any of the techniques for the exercises in this leaflet please ask your physiotherapist on the ward or call 02920 716186 for further advice.

Produced by the Orthopaedic Physiotherapy Team,
University Hospital Llandough – 2016
Cardiff and Vale UHB



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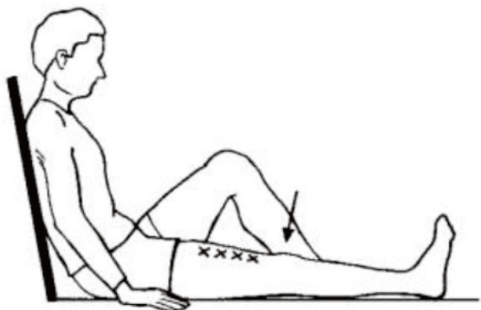


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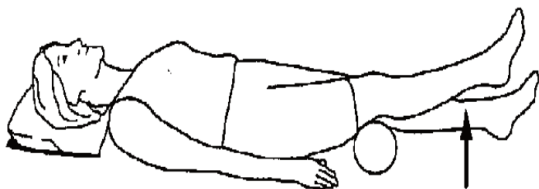
KNEE EXERCISES

- 1) Sitting or lying down with your operated leg straight. Push your knee down firmly into the bed, tightening your thigh muscles. Hold for 5 seconds and then relax.



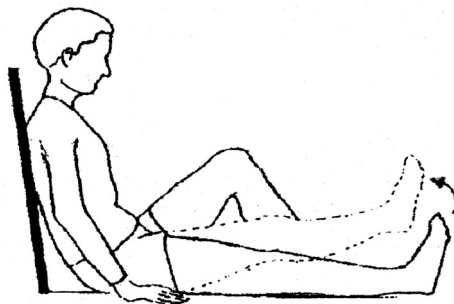
Repeat little and often throughout the day.

- 2) Sitting or lying down, place a rolled up towel under your knee so that your knee is in a slightly bent position. Lift your heel up from the bed (tightening your thigh muscles) thus straightening the knee. The back of your thigh should not lift from the towel. Hold for 5 seconds then gently relax.



Repeat little and often throughout the day.

- 3) Sitting or lying down with your knee straight, push the back of your knee into the bed (tightening your thigh muscles). Then slowly lift your leg (keeping the knee straight throughout the movement) approximately 10 cm off the bed.



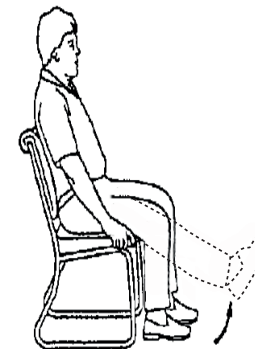
Repeat little and often throughout the day.

- 4) Sitting or lying down, slide your heel up the bed, gradually bending your knee as far as is comfortable.



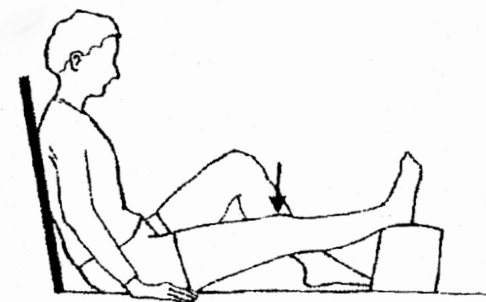
Repeat little and often throughout the day.

- 5) Sit on a chair with your feet on the floor. Slide your foot back along the floor as far as comfortable, thus bending your knee. Then lift your foot up from the floor, straightening your knee as much as able



Repeat little and often throughout the day.

- 6) Sitting or lying down, place a rolled up towel under your heel with your toes pointing up to the ceiling. Allow the knee to straighten, feeling a stretch at the back of your knee. Relax into this position and remain in position for approximately 5 minutes.



Repeat little and often throughout the day.