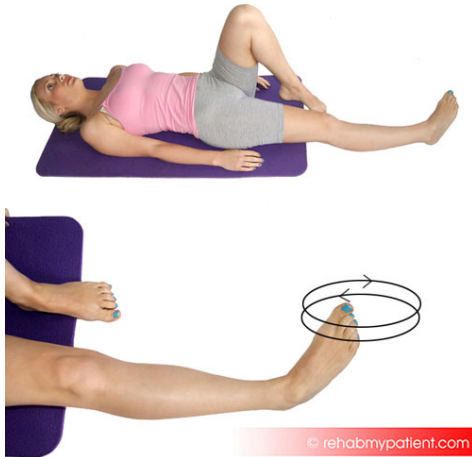


Exercise plan :
**Early Post-op Knee
Replacement Exercises**

Patient:
Sulis Exercises

Date:
28th Nov 2025

Practitioner:
Joanna Gotley

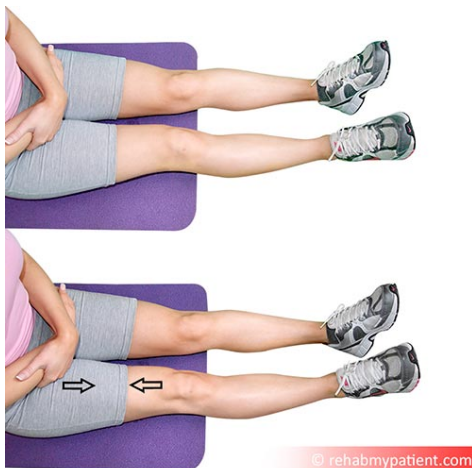


Ankle Circles Lying

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Repeat 20 times

Video: http://youtu.be/Za8PFXDFp_M

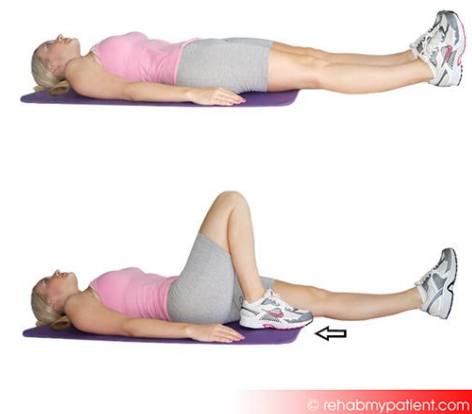


Static Quadriceps Contraction Sitting

Sit on the floor, and tighten your right thigh (Quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. To finish, just relax the Quadriceps muscle.

Repeat 10 times

Video: <http://youtu.be/ltZhmKM9KT4>



Knee Flexion Supine

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

Repeat 5 times

Video: <http://youtu.be/skOauZ54MLU>

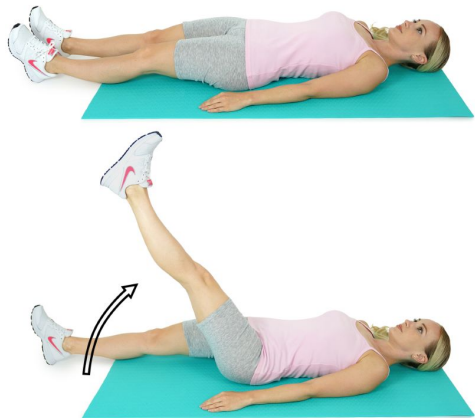


Inner Range Quadriceps Sitting

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (Quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Repeat 5 times

Video: <http://youtu.be/ZPt0HPDgNDw>

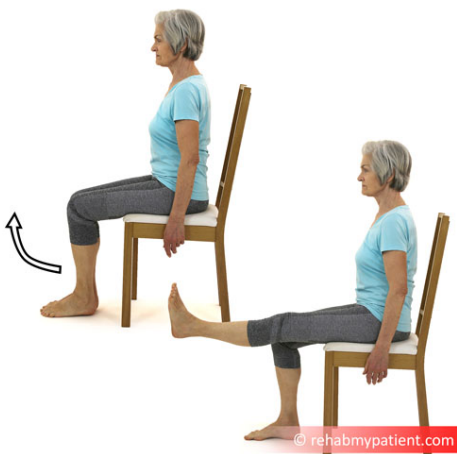


Straight Leg Raise Quad Strength

Lie flat on your back, and contract the muscles on the front of your thigh, or quadricep muscles, as you lift your straight leg into the air. Hold this position, and slowly lower your leg to the ground. Repeat the exercise as guided by your therapist. This is a hip flexor and quadricep strengthening exercise.

Repeat 5 times

Video: <https://youtu.be/O6bVydIEigY>



Knee Extensions Sitting

Sit upright with good posture. Slowly straighten your left leg out in front of you as far as feels comfortable. Slowly lower back to the floor, then repeat with the right leg. If you suffer any cramp in your upper thigh, do not straighten your leg fully and keep a small bend. This exercise will help mobilise your knee and improve strength in your leg.

Repeat 5-10 times

Video: <https://youtu.be/uklsfS5YTXA>



Passive Knee Extension

Sit on a chair, and place your opposite leg on another chair. Gently push down to straighten your knee. This exercise assists regaining full extension to your knee, and can also be useful after knee surgery in cases of stiffness.

Repeat 5 times

Video: <https://youtu.be/ECKPB1ro7mE>



Knee Flexion Passive Sitting

Sit on a chair with upright posture. Use your good leg to bend your affected leg backwards, creating flexion to your knee. This is a passive mobilisation exercise for the knee.

Repeat 5 times

Video: <https://youtu.be/C0z9db2gdG8>

Please contact us on Physio.enquiries@sulishospital.com with any enquiries