

Exercise plan :
Early post op knee exercises

Patient:
Miss Hannah Webb-Peploe

Date:
09th Mar 2026

Practitioner:
Katrina Tang

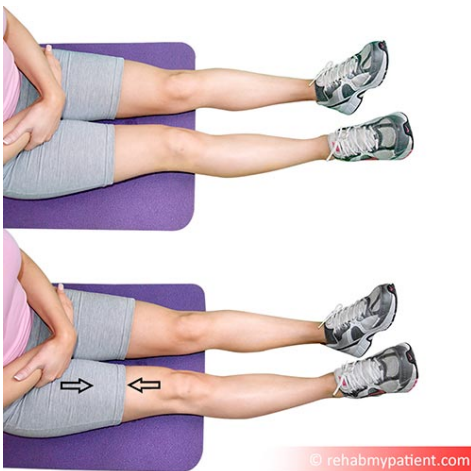


Ankle Circles

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 5 times

Video: http://youtu.be/Za8PFXDFp_M



Static Quadriceps Contraction

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 5 times

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



Knee Flexion

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

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>



© rehabmypatient.com



Straight Leg Raise Single Leg

Lie on the floor or bed. Bend one knee with your foot resting on the floor or bed. Lift one leg about 10 inches off the floor. Hold, and return to the start position. Repeat as required. This is a hip flexor strengthening exercise.

Repeat 5 times

Video: <https://youtu.be/kYeiyBZ4d1g>



© rehabmypatient.com



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 times

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



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>

© rehabmypatient.com

Dear Miss Webb-Peploe, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on physio.enquiries@sulishospital.com. Good luck and keep with it!