

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

Patient:
Sulis Exercises

Date:
28th Nov 2025

Practitioner:
Joanna Gotley



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.

Hold for 30 | Repeat 5 times

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



Knee Flexion Passive

Sit down on the floor, and place a towel around your foot. Gently pull the towel to bend your knee. Try to keep your knee relaxed at all times. Straighten your knee to return to the start position. This is a good exercise to improve mobility in a stiff knee joint.

Hold for 30 | Repeat 5 times

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



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.

Hold for 30 | Repeat 5 times

Video: <https://youtu.be/ECkPB1ro7mE>

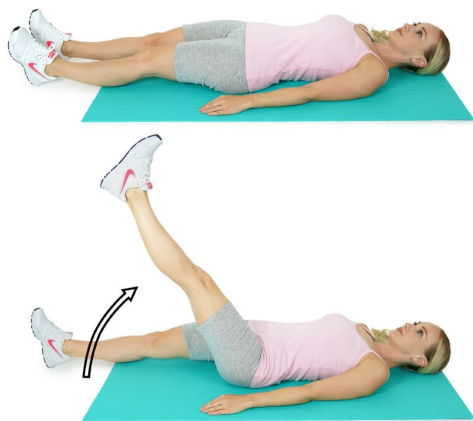


Inner Range Quadriceps Sitting

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 10-20 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 10-20 times

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



Sit to Stand - Two Hands

Sit upright with good posture, and place your hands on the side of the chair. Gently lean forwards and use as much leg strength as you can to push yourself up. Use your hands and arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, guiding yourself by using your arms. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core. Aim to reduce assistance from hand as comfort allows

Repeat 5-10 times

Video: <https://youtu.be/4uc6Hljwb18>



Sidestep with Support

Stand upright with good posture with some clear space around you. Hold on to a wall, rail or stable surface for support. Take a step to the side with one foot, and then join with the other foot. Repeat with the opposite leg leading this time to come back to the start position. This exercise improves strength and co-ordination in the legs.

Repeat 5-10 times

Video: <https://youtu.be/5NdDdQ2OJOY>



Step Up and Downs Supported

Stand upright in front of the bottom step of your staircase, holding on to a rail for support. Step up onto the first step with one leg, and bring the other leg to the step to meet it. With control, lower this same foot back to the floor, followed by the other.

Repeat 5-10 times

Video: <https://youtu.be/rHCT8vYgImQ>



Marching on the Spot with Support

Stand upright with good posture, holding on to a wall or table for support. March on the spot. Keep your knees up as high as feels comfortable. This exercise is good for knee mobility, endurance, balance and co-ordination.

Repeat 5-10 times

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



Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards. Your bottom leg can be straight or bent for more support if needed. Once you lift your leg, you can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Repeat 10 times

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

Supine Bridge Basic



Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Repeat 10 times

Video: http://youtu.be/fK_xUE3OKIE

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