

Exercise plan :
**Progression post op knee
replacement exercises**

Patient:
Sulis Exercises

Date:
16th Jul 2026



Ankle Circles

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 10 times | Perform 2 times daily

Video: http://youtu.be/Za8PFXDFp_M



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 8 times | Perform 2 times daily

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



Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Repeat 8 times | Perform 2 times daily

Video: <https://youtu.be/Z20XNb0VdEk>



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 8 times | Perform 2 times daily

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



Calf Heel Raise Two Legs Step

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well.

Repeat 8 times | Perform 2 times daily

Video: http://youtu.be/jfKTT_hr8bk



Single Leg Eccentric Step Downs

Stand on the side of a step or box. Move one leg away from the side of the step. Lower into a squat position as you touch your heel on the floor. Return to the start position.

Repeat 8 times | Perform 2 times daily

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

Please stop any exercise that causes pain. If you are early into your rehabilitation, we would advise that you complete these more frequently however, you can adjust this alongside progressing your walking and your physiotherapist's guidance. If you have any questions with an exercise, just email us on physio.enquiries@sulishospital.com, or call our department on 01761422388. Good luck and keep with it!



<http://www.sulishospital.com/jointschool>