

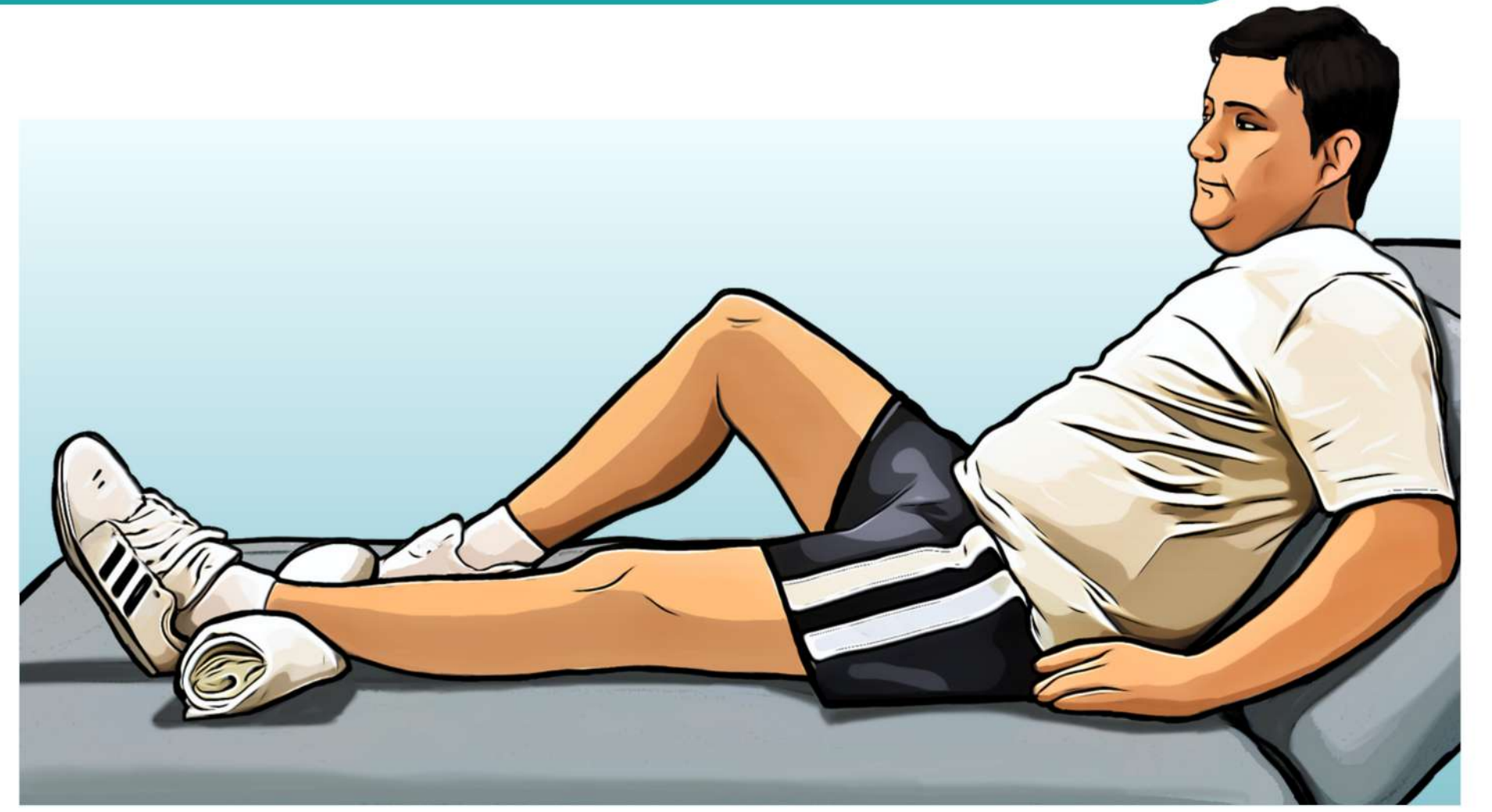
EXERCISES AFTER KNEE REPLACEMENT SURGERY



- Perform your exercises 4 times a day.
- Apply cold therapy (wrapped in a towel) for 20 minutes after exercising.

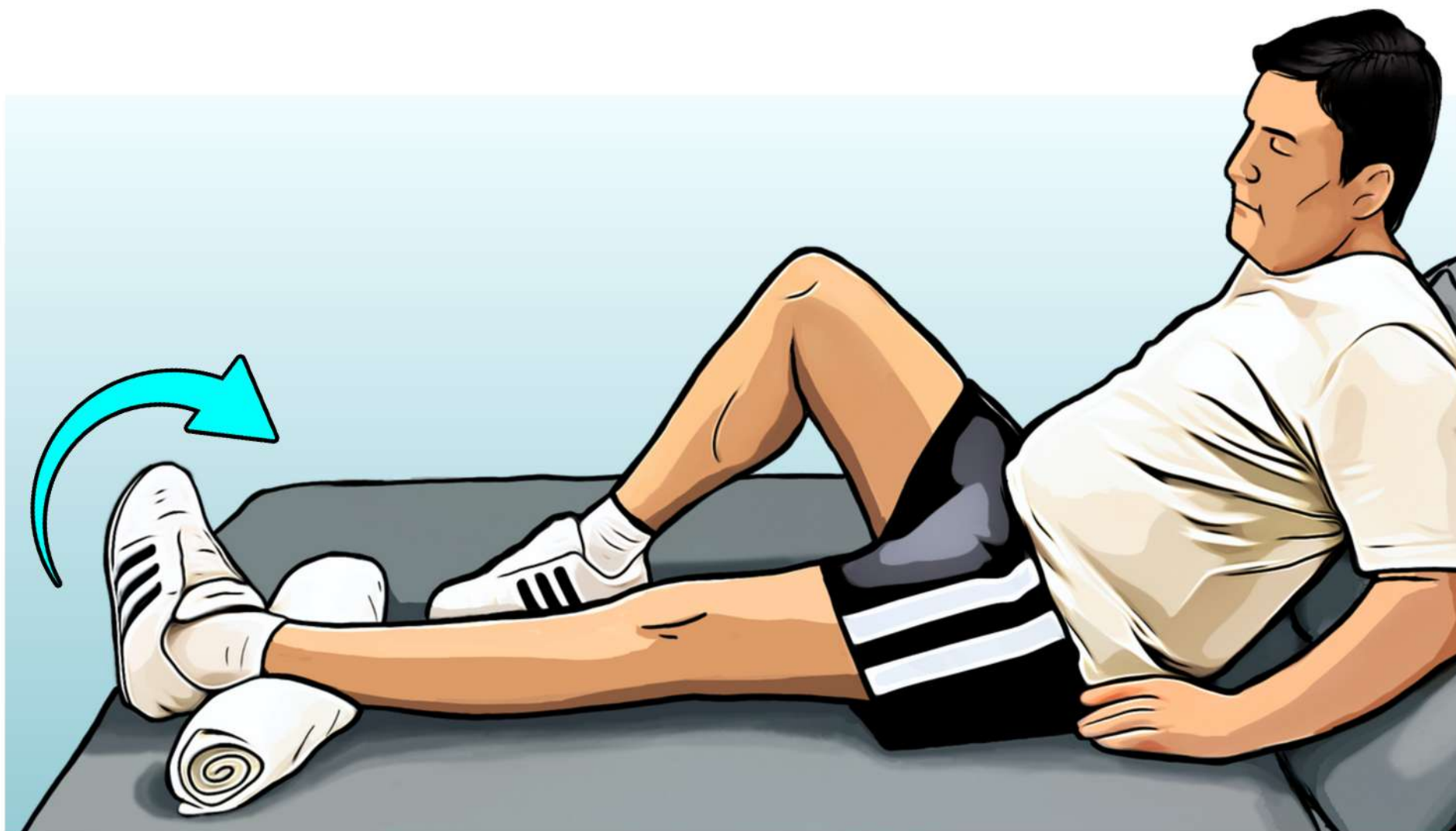
1

Sit with your back supported. Place a rolled-up towel under your ankle. **Maintain this position for 3-4 minutes.**



2

Sit with your back supported. Place a rolled-up towel under your ankle. Push your ankle downwards, pull it towards you, and rotate it inward and outward as shown in the diagram. **Hold each position for 10 seconds, then rest for 10 seconds. Repeat each movement 10 times.**



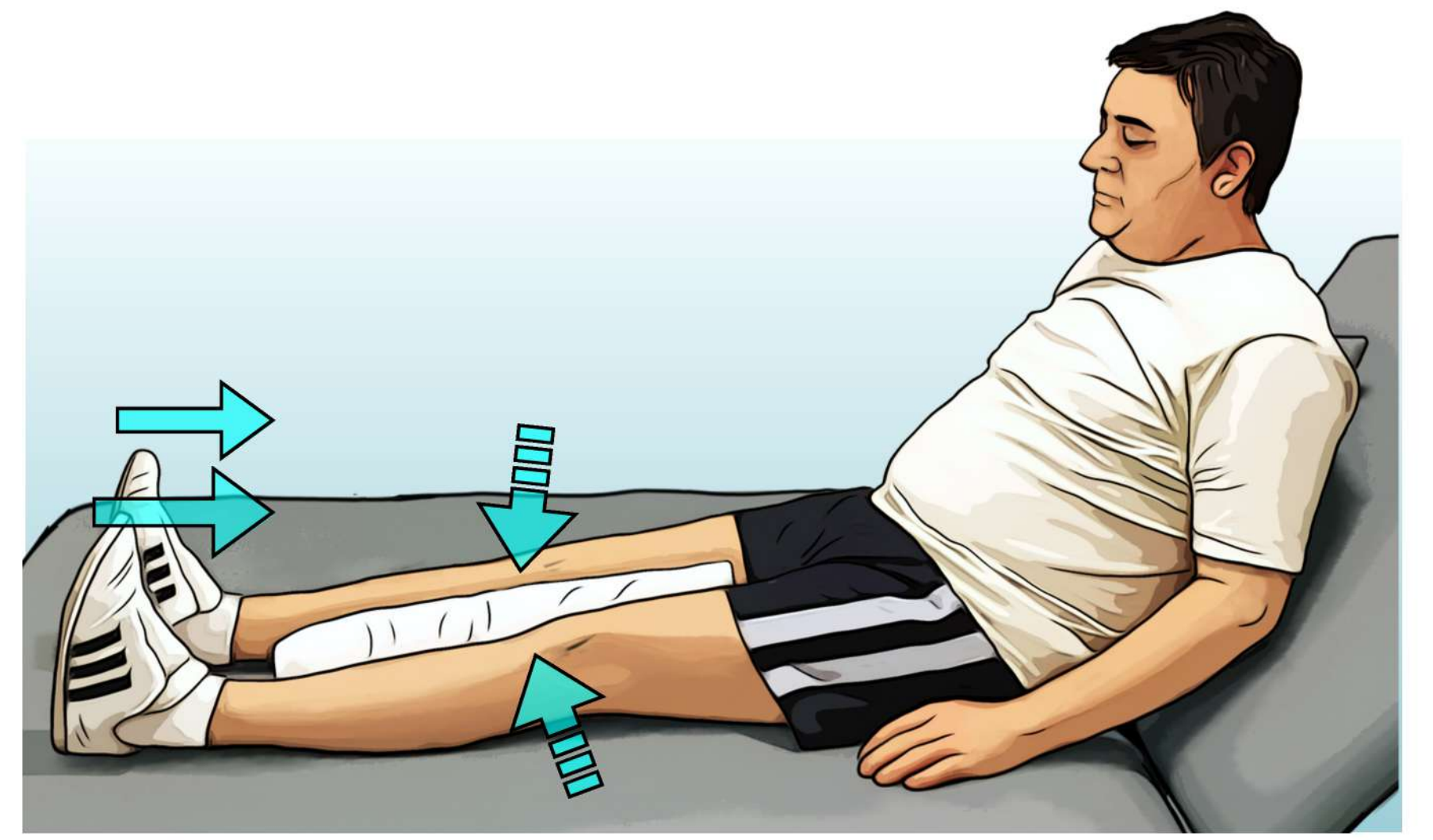
3

Sit with your back supported. Place a rolled-up towel under your knee. **Pull your ankle towards you and press your knee down onto the towel.** Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.



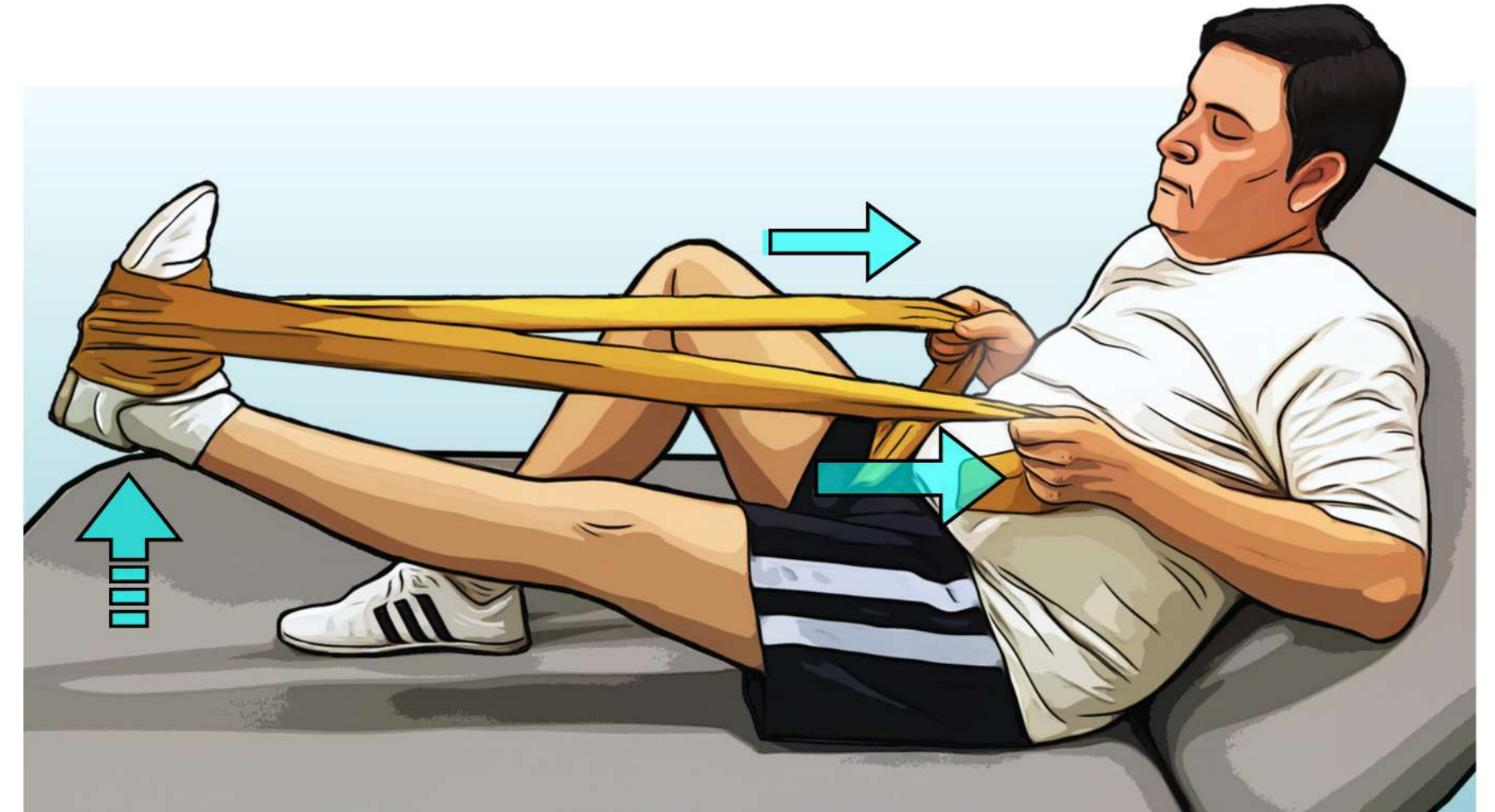
4

Sit with your back supported. Place a rolled-up towel between your knees. Pull your ankles towards you and **squeeze the towel between your knees. Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.**



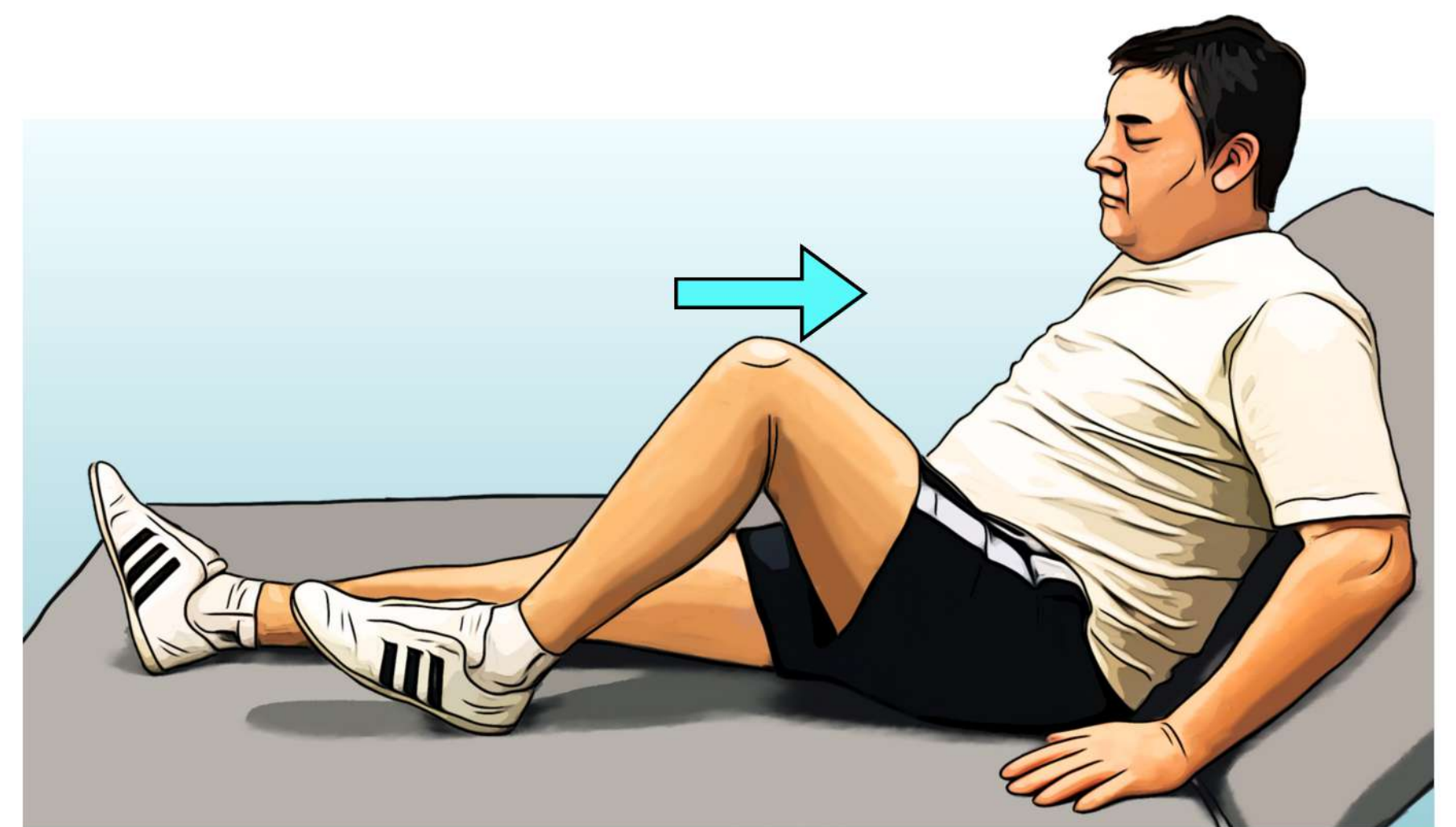
5

Sit with your back supported. Use an exercise band or a sheet to lift your leg, **keeping your knee straight. Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.**



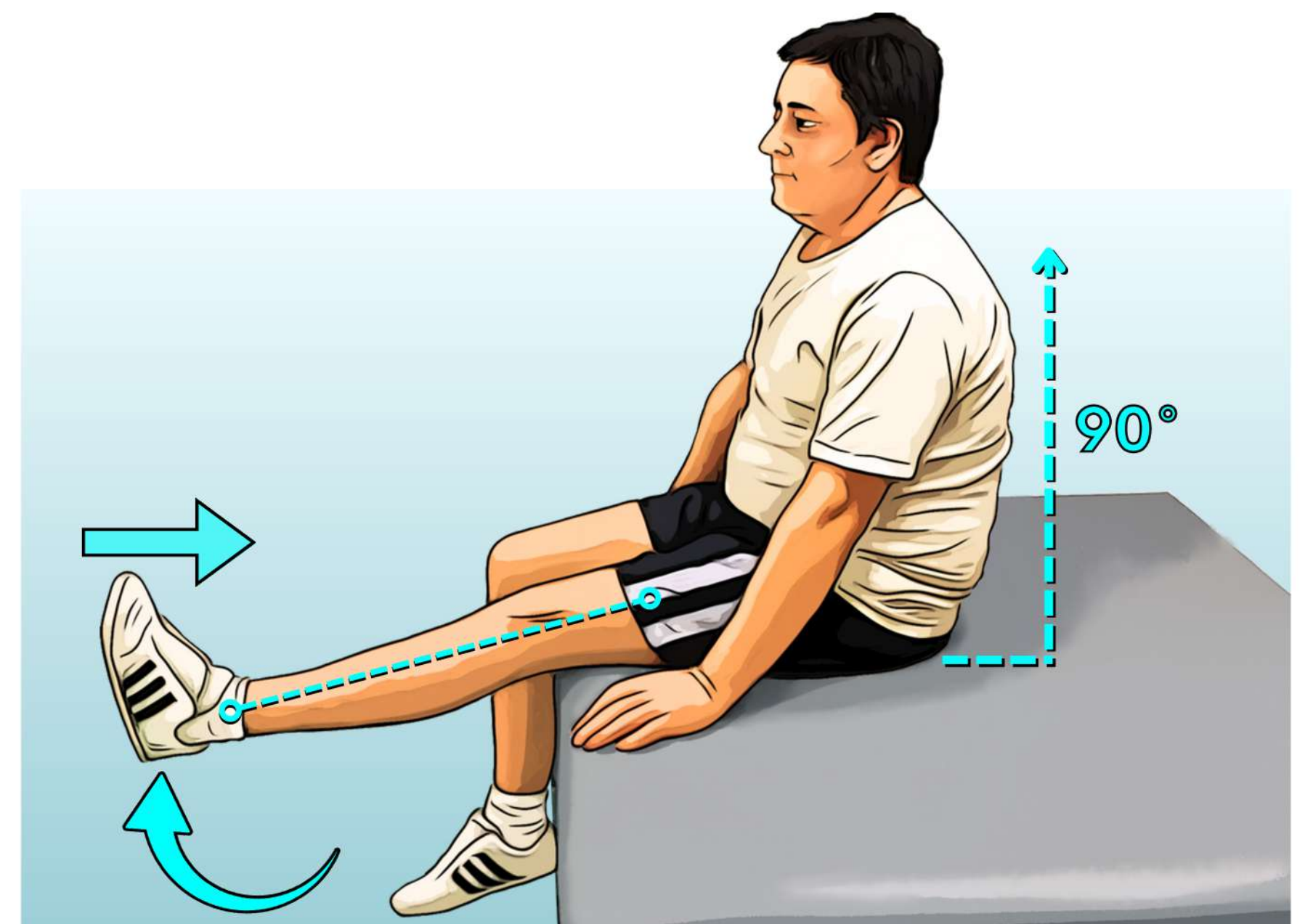
6

Sit with your back supported. Bring your knee towards your chest **without straining. Hold for 10 seconds, then rest for 10 seconds. Repeat this movement 10 times.**



7

Sit upright on the edge of the bed or a chair. Pull your ankle towards you and lift your leg upwards, **keeping your knee straight. Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.** Use your hands to stabilize yourself by holding the edge of the bed or chair to prevent leaning backward.



! Important Precautions

- Avoid staying seated for more than 30 minutes. Take short walks around your home.
- Do not place a pillow under your knee while resting. Instead, place a pillow under your ankle to keep your leg elevated.
- Wear shoes that wrap securely around your ankle. Use a long-handled shoehorn when putting on shoes.
- Remove rugs, mats, cables, or other items that could cause you to trip.
- Sitting on the floor or sitting cross-legged can damage your knees. Use a stool, chair, or elevated seating instead.
- Use a raised toilet seat if your toilet is not high enough.
- Install safety supports in your bathroom and toilet for added stability.

FOR INFO



POST-SURGERY HELPLINE: +90 530 918 24 21