

Post-Operative Knee Exercises

Associate Professor Justin Roe

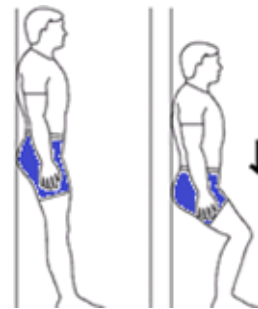


NORTH SYDNEY ORTHOPAEDIC
& SPORTS MEDICINE CENTRE

Heel Slides.

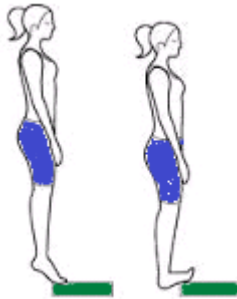


Wall Squats.



0-90 degrees of knee flexion. Avoid deep squats beyond 90 degrees of knee flexion

Calf raises on edge of step

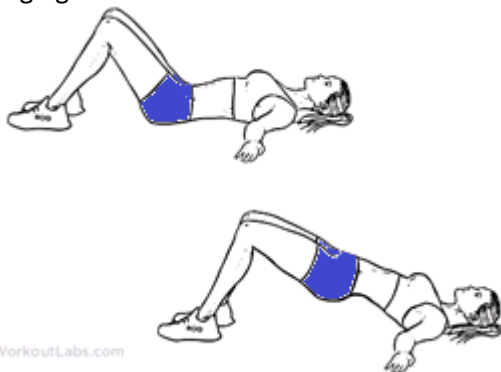


Exercise bike.

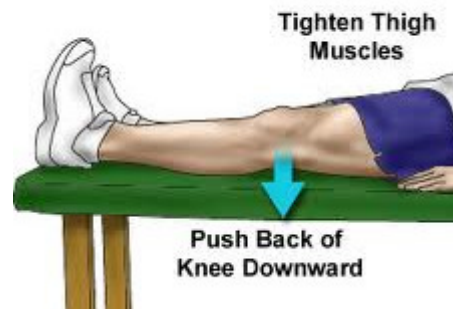


Modify slightly by increasing seat height as high as can be tolerated. Low resistance for 3 weeks. Increase resistance as tolerated after 3 weeks

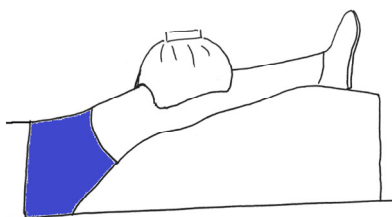
Bridging



Quads Set



Regular Ice Packs and elevation



Keep wound dressing dry and leave intact for 10-14 days after surgery

Questions or concerns, contact Staff at NSOSMC on (02) 9409 0500 during business hours, or The Mater Hospital (02) 9900 7300 after hours.