

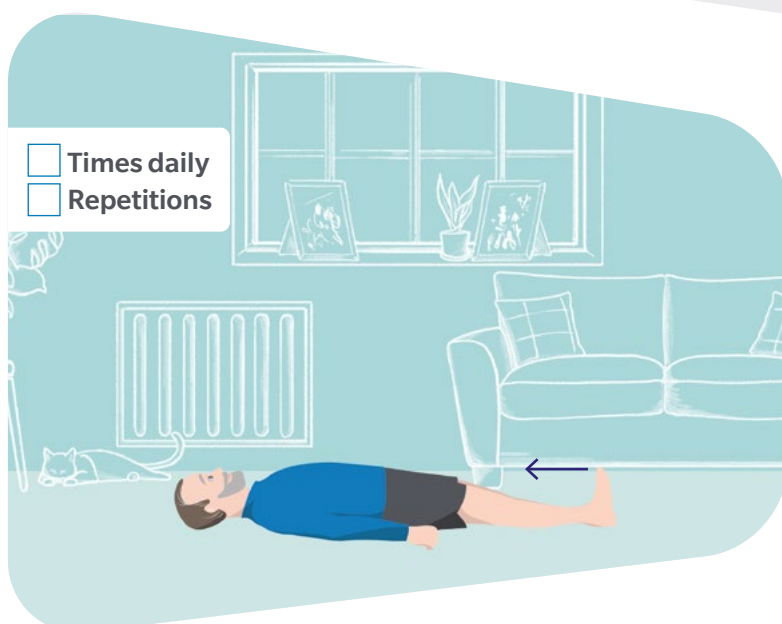
HOW TO MOVE DURING YOUR RECOVERY

Knee exercises to perform at Home

As you look forward to life after your knee surgery, keep in mind that exercise can help you recover. To support you, we've put together a list of movements that strengthen your muscles and increase your mobility to help get you back to doing the activities you love.

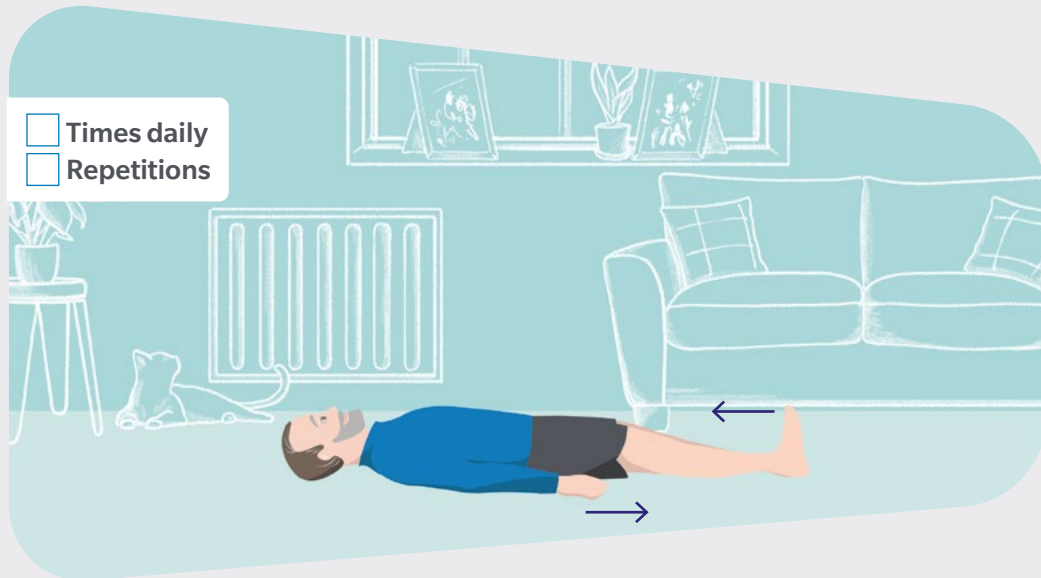
Before attempting these movements, make sure you talk to your doctor or physical therapist. They'll let you know what exercises are suitable for you and how often you should perform them.

These exercises are a typical example of a care plan. However, your care plan will be individually tailored to your needs by your healthcare professional, and therefore may differ.



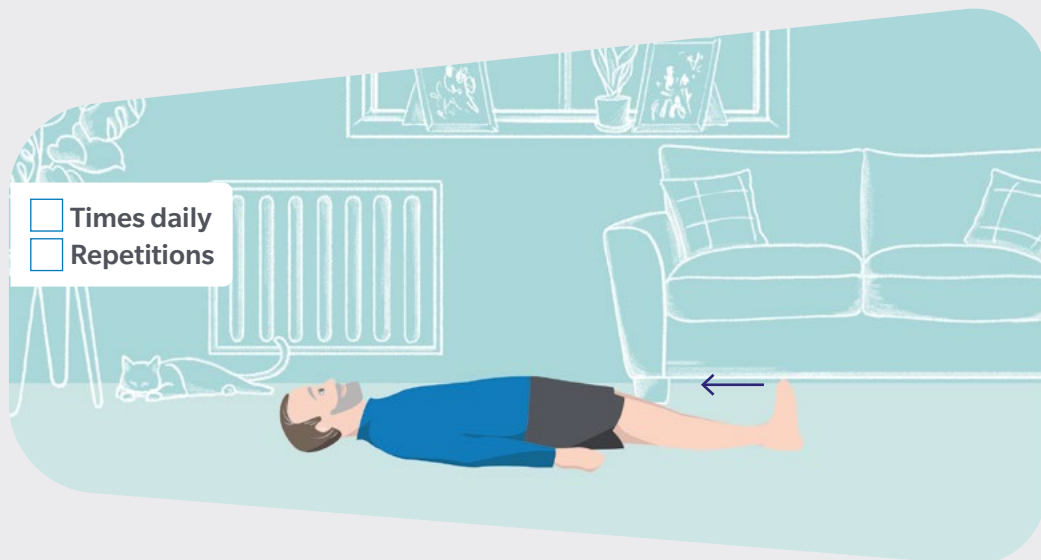
1 Calf muscles stretch

Lie on your back with your legs and arms straight. Tighten your abdomen, pull your toes towards you and press your heels to the ground. Hold the tension in your calf muscles for a few seconds, then release.



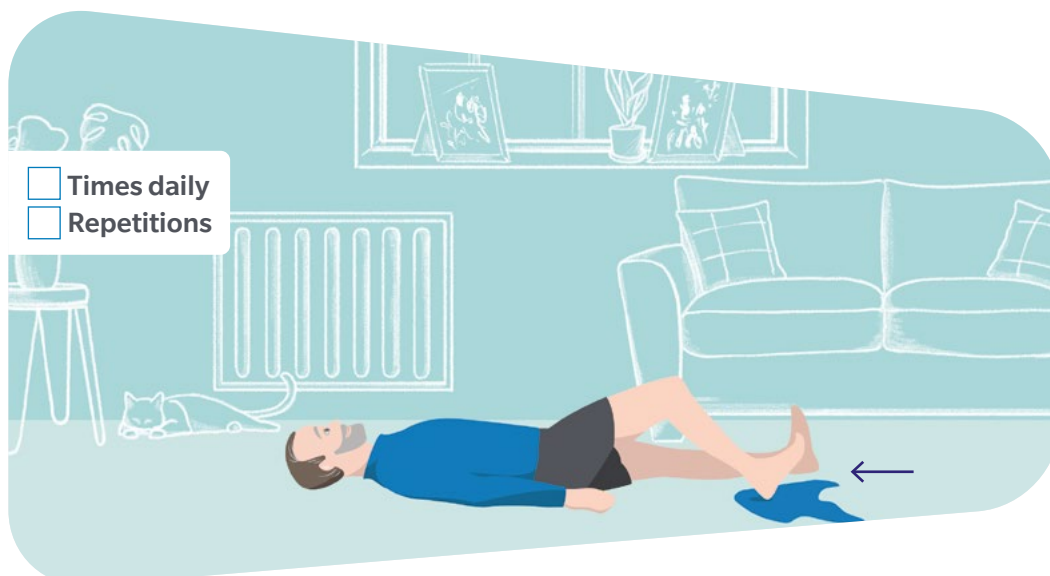
2 Extensor muscles stretch

Lie on your back with your legs and arms straight. Tighten your abdomen, press the back of your knees to the floor and pull your toes towards your body. Hold the tension for a few seconds, then release.



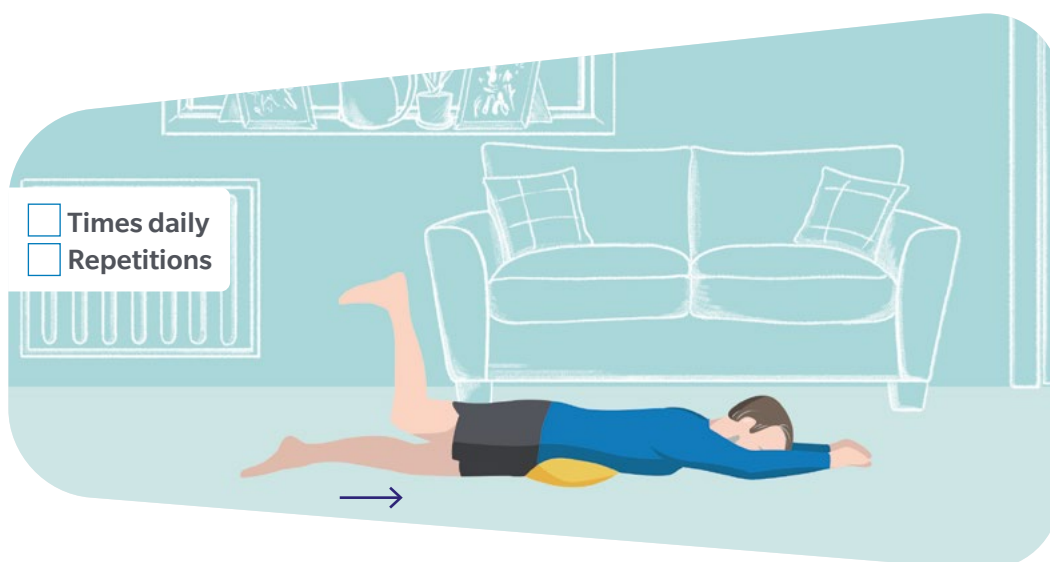
3 Glutes stretch

Lie on your back with your legs and arms straight. Tighten your abdomen, keep your knees straight and pull your toes towards your body. Tense your glutes for a few seconds, then release.



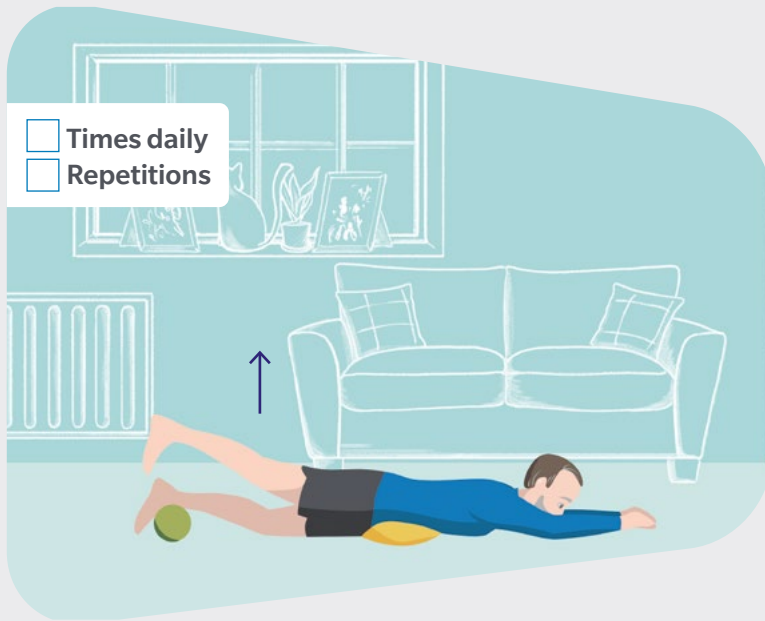
4 Bend from the hip

With a non-slip mat under the foot of the operated leg, lie on your back with your arms and legs straight. Pull the heel of your operated leg towards your buttocks so your knee raises and bends. Hold the toes of your operated leg upwards for a few seconds, then release.



5 Bend your knees

Lie on your stomach with your legs straight and arms outstretched in front of you. Bend your operated leg and raise as high as you can and hold the position for a few seconds. Then slowly bring your leg back to the ground.



6 Extend your knees and hips

Place a pillow under your belly, then lie on it with your legs straight and arms outstretched in front of you. Put a roller under your shins, so your feet point downwards. Now raise your operated leg as high as possible and hold the position for a few seconds by tensing your thigh. Then slowly bring your shin back to the roller.

7 Stretch from the hip

Stand behind a chair and place both hands on the backrest. Put your weight onto your healthy leg, then, keeping your body upright, slowly bend your operated leg backwards as far as you can. Hold the position for a few seconds, then move your leg back to the ground.



8 Bend your knees

Stand behind a chair and place both hands on the backrest. Slightly lift your operated leg, bending it at the knee. Hold your leg in the air for a few seconds, then slowly bring it back down to the ground.



9 Stretch your thigh muscles

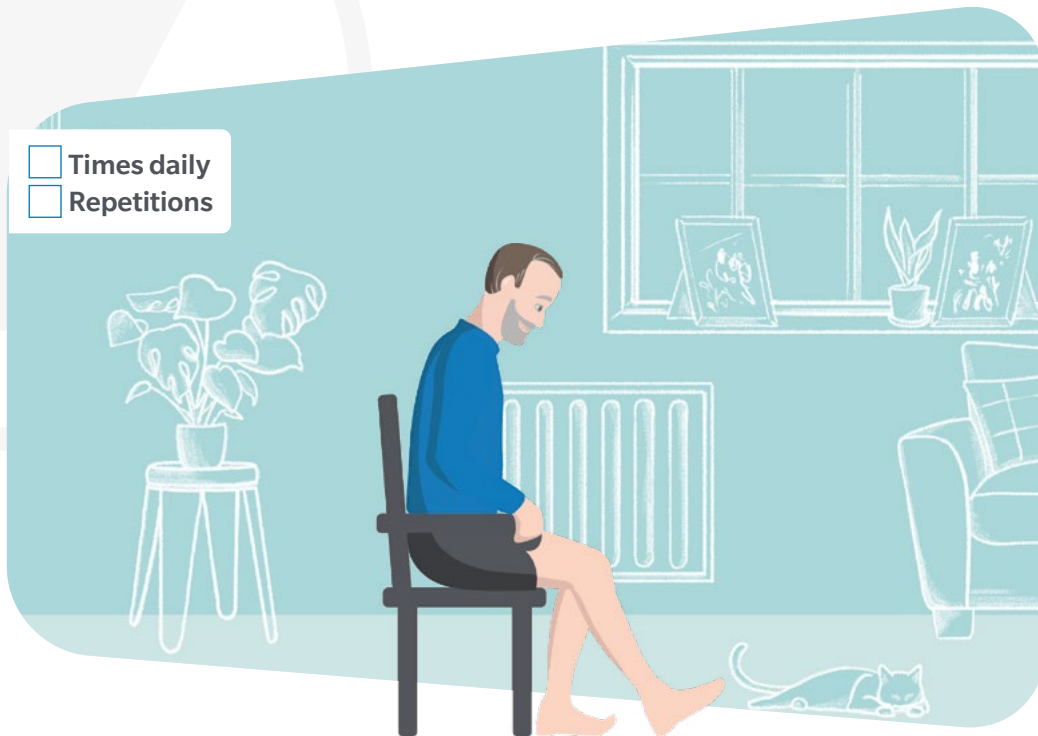
Stand behind a chair and place both hands on the backrest. Lift your operated leg about 10 cm above the floor, then put your heel on the floor and straighten your knee. As you do, tighten your thigh muscles and hold the position. After a few seconds, relax to your starting position.



10 Calf stretch

Stand upright and lean slightly forward with your arms outstretched against a wall. Keeping both feet on the floor, make sure your back leg is straight. Put your weight slowly onto your front leg and move it forward until you feel the calf in your back leg stretch. Hold this position for a few seconds, then relax.

Times daily
 Repetitions



11 Strengthen thigh muscles

Sit upright in a chair with your arms on the armrests. Keep your feet hip-width apart and knees and feet pointing forwards. Stretch your operated leg forwards and lightly press your heel to the ground. Feel your thigh muscles tighten and hold them in this position for several seconds, then relax again.

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