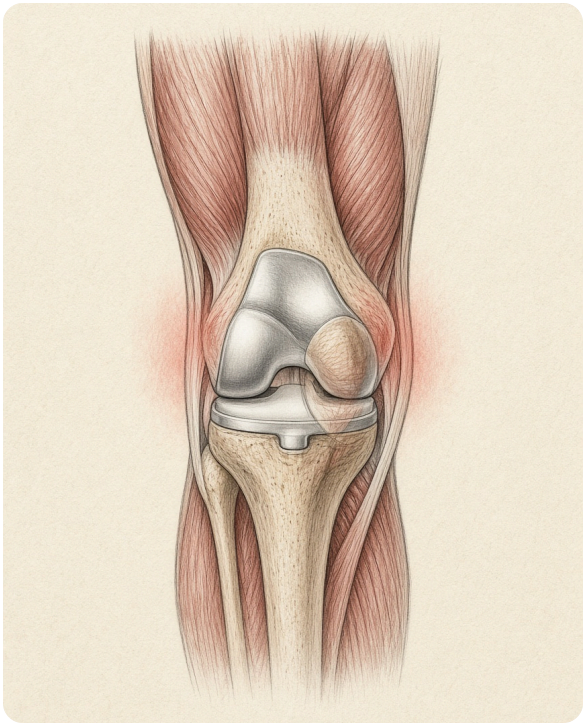
ARMIN PHYSIO



PATIENT GUIDE

After a Knee Replacement: Part 1

Recently had a total knee replacement? Start here.

Armin Ghayyur
Physiotherapist · arminphysio.com

Recovering from a knee replacement

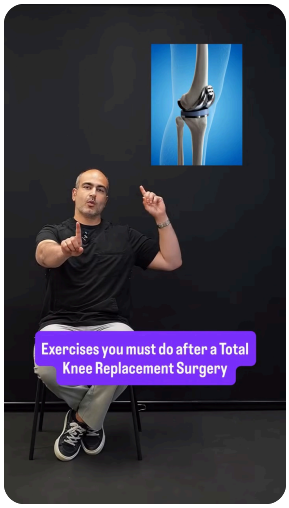
A total knee replacement resurfaces the worn ends of the thigh and shin bones with metal and plastic parts. Afterwards the priorities are getting your quad muscle working again and getting the knee bending and straightening. These are the exercises Armin's clinic uses early on. They're also good if you're **preparing for surgery** or have knee osteoarthritis. Part 2 adds standing exercises.

QUICK CHECK

Does this sound like you?

- [ ] You've **recently had a knee replacement**
- [ ] You're **preparing for surgery** or have knee osteoarthritis
- [ ] Your **thigh muscle feels weak** or hard to switch on
- [ ] It's hard to get the knee **fully straight**
- [ ] It's hard to **bend the knee**

If this sounds like you, check with your surgeon or physio which exercises suit your stage, then try the 6 exercises on the next pages.



Exercises after a total knee replacement



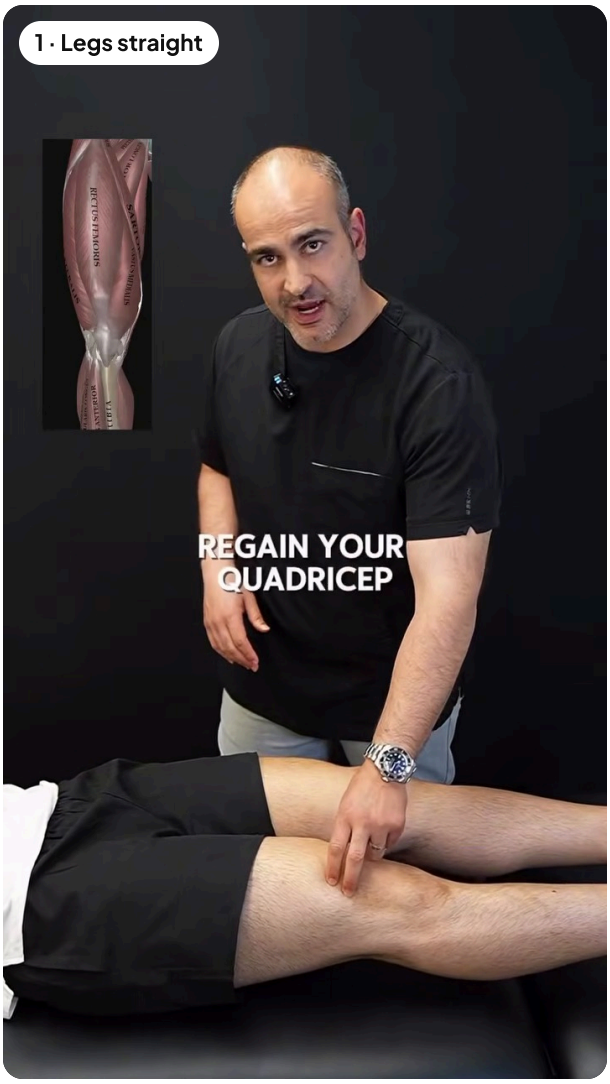
Start gently on the bed

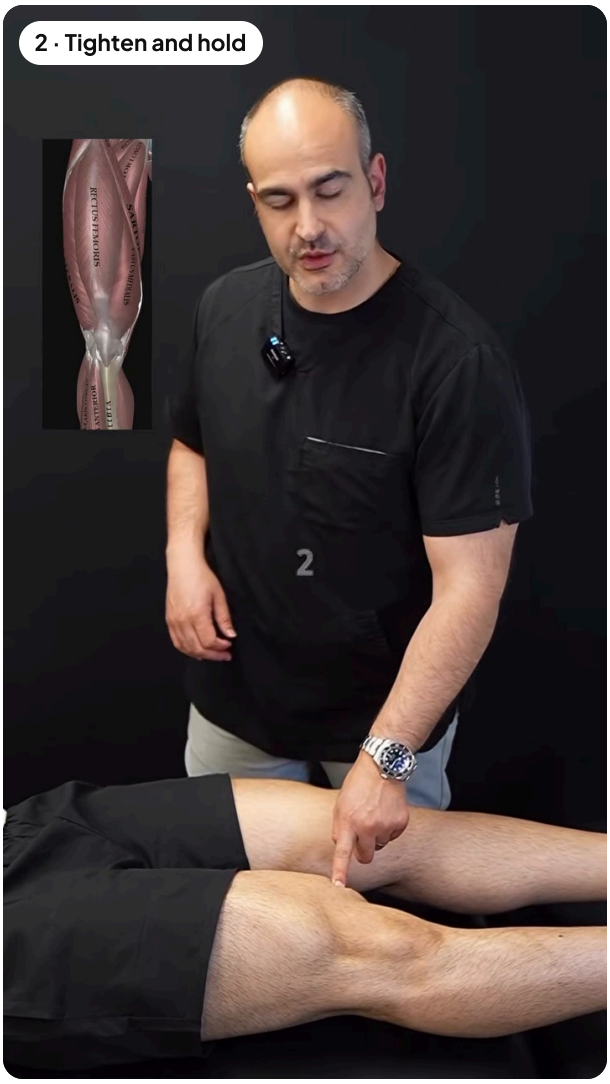
YOUR 6 EXERCISES

Try these exercises

1 Quad set

Regains activation of the quadricep muscle





1. **Lie on your back** with your legs straight.
2. **Activate the muscle on real tight.**
3. **Hold it** 3, 2, 1, and relax.
4. Repeat.

About 2 minutes, hold **3 s** each rep

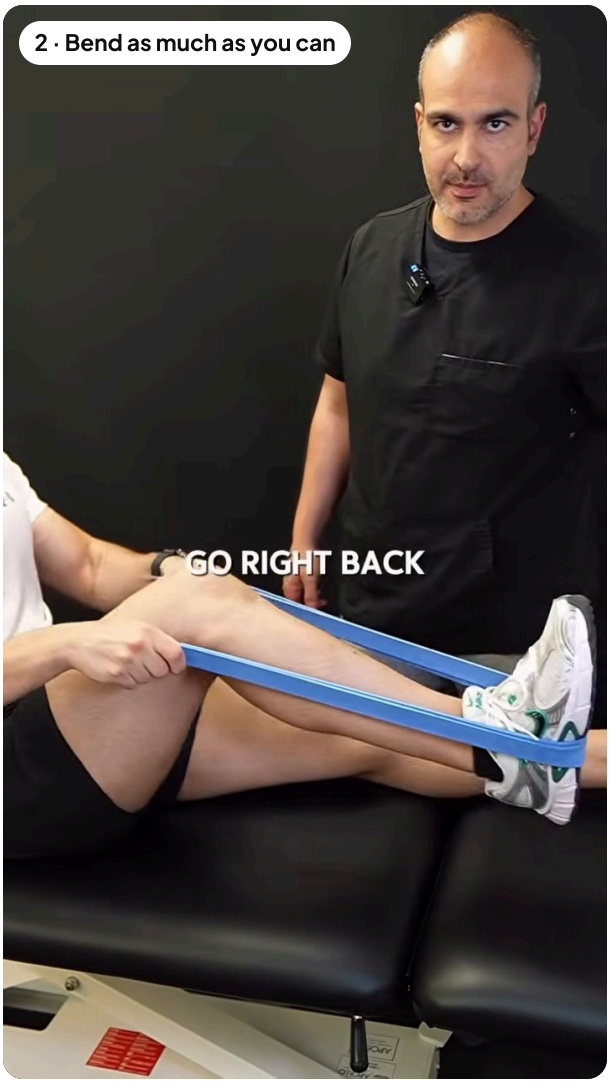
2 minutes from Armin's video description; 3 s hold from his video

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

2 Band-assisted knee bend

Gets your knee bending (flexion)





1. **Loop a band or a belt around your foot.**
2. **Bend the knee all the way**, as much as you can tolerate.
3. **Go right back out.**
4. Repeat this for two minutes.

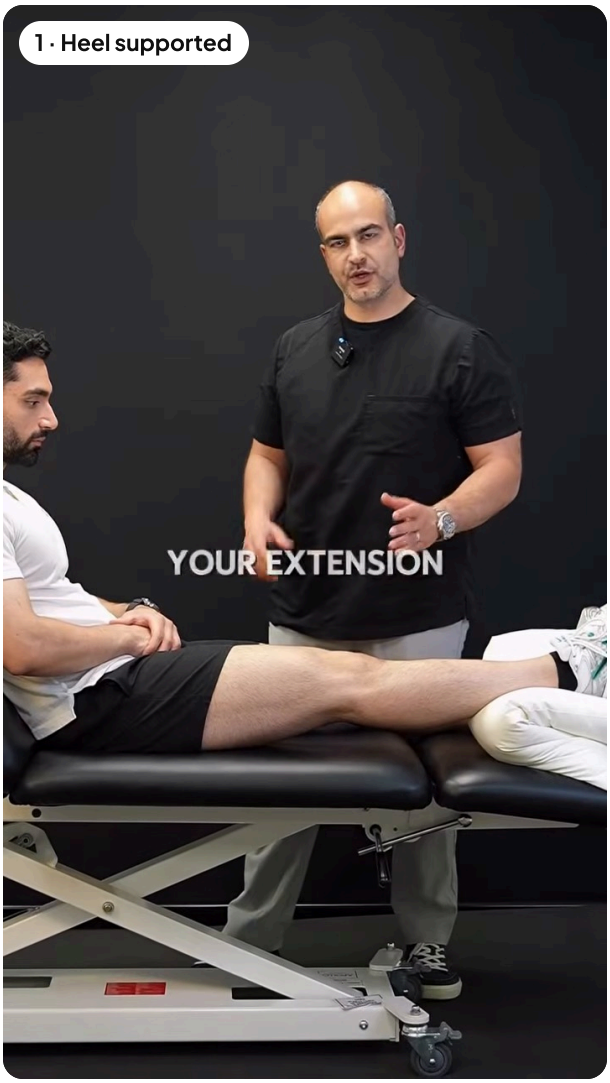
About 2 minutes per exercise

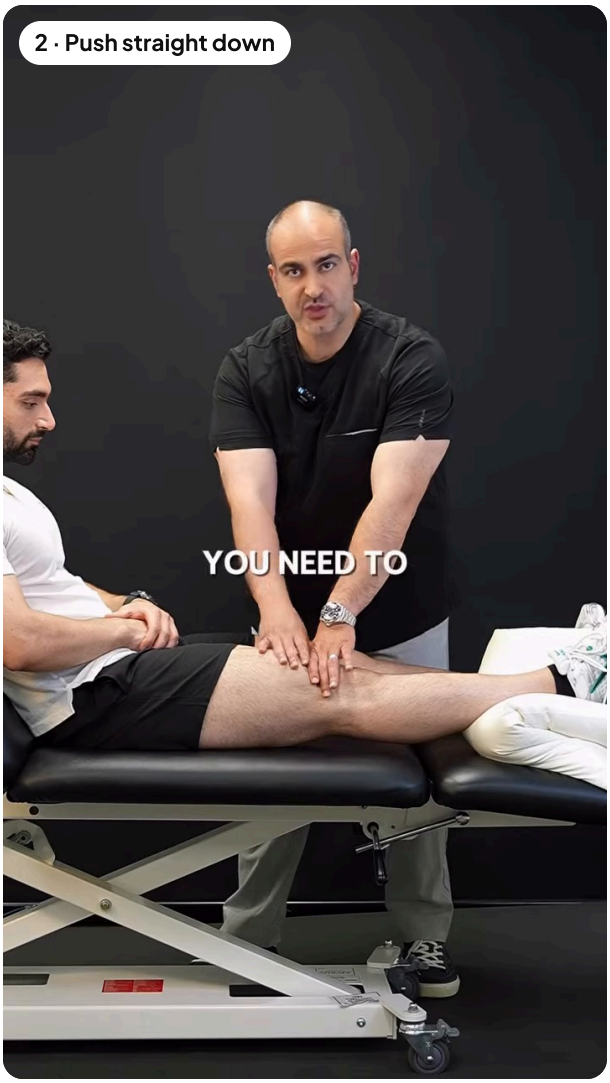
From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

3 Knee extension press

Gets your knee fully straight (extension)





1. With your heel supported, **activate your quadricep muscles**.
2. **Push straight down** and relax.
3. You can **add some overpressure** with your hands if you need to.
4. **Hold this for three seconds** and repeat.

About 2 minutes, hold **3 s** each rep

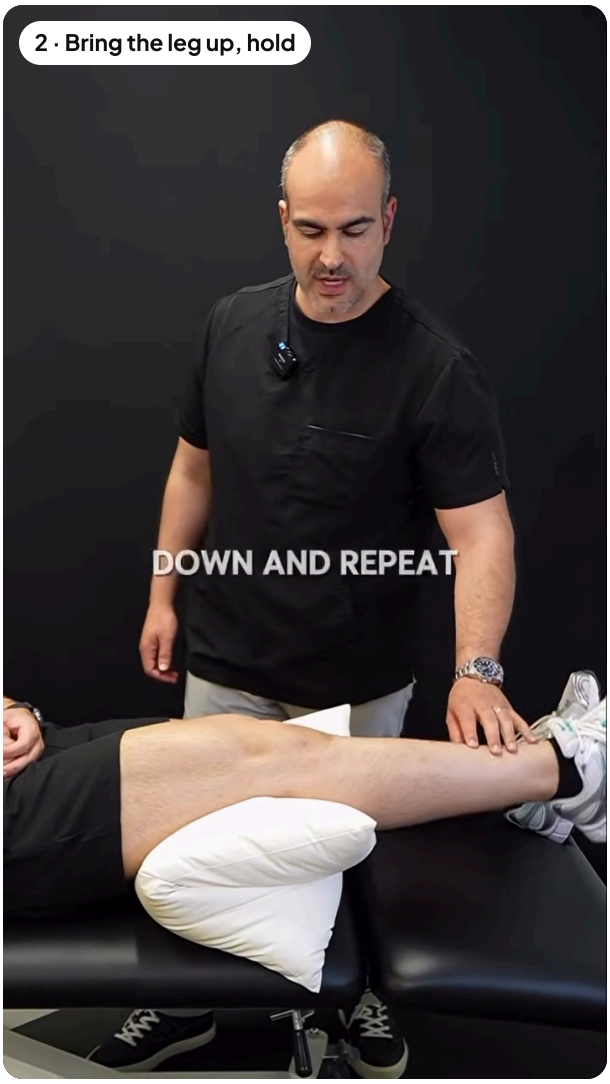
2 minutes from Armin's video description; 3 s hold from his video

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

4 Pillow quad lift (short-arc quad)

Strengthens the quads through the last part of straightening





1. **Place a pillow underneath the knee.**
2. **Activate the quadricep muscles** and **bring the leg up** (straighten the knee).
3. **Hold it for three seconds.**
4. **Slowly lower it down** and repeat.

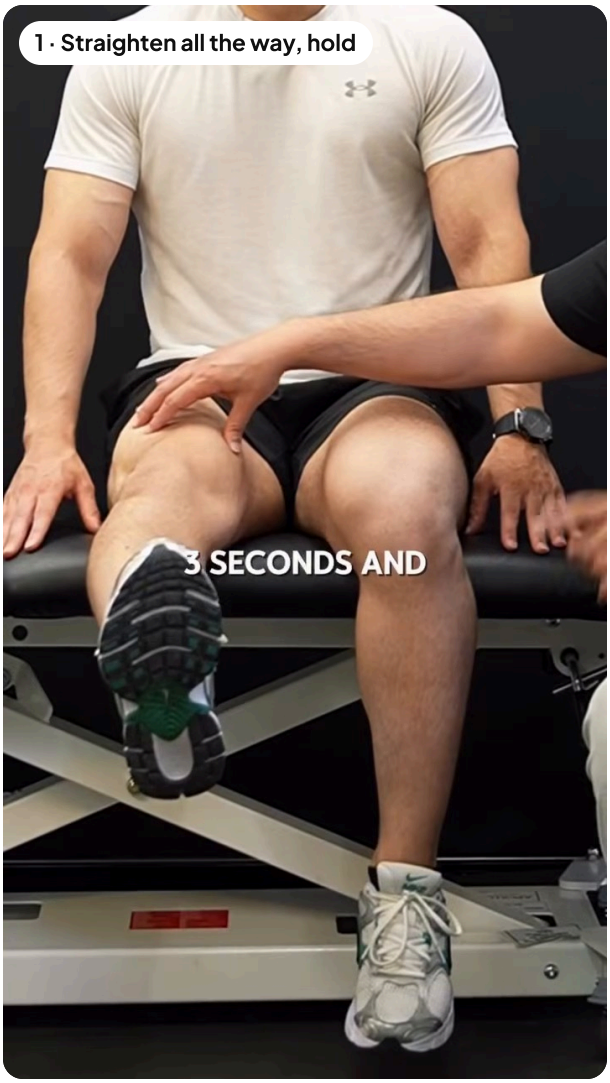
About 2 minutes, hold **3 s** each rep

2 minutes from Armin's video description; 3 s hold from his video

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

5 Seated knee straightening

Strengthens the quads against gravity





1. **Sit at the edge of a bench.**
2. **Straighten out the knee all the way**, activating the quadricep muscles. **Hold it for three seconds**, slowly lower and repeat.
3. **To make it harder**, place the other leg over the affected leg.
4. **Straighten out the affected leg** while giving yourself resistance with the other one. Hold three seconds, slowly lower and repeat.

About 2 minutes, hold **3 s** each rep

2 minutes from Armin's video description; 3 s hold from his video

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

6 Leg-assisted knee bend

Maximizes your knee bend





1. Sit at the edge of a bench.
2. **Place the unaffected leg over the affected one.**
3. **Use it to push the affected leg backwards**, maximizing the flexion.
4. Ease off and repeat.

About 2 minutes per exercise

From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's instructions.

DAILY ROUTINE · ABOUT 15–20 MINUTES

Put it together

01
Activate
Quad set; pillow quad lift

02
Bend
Band-assisted knee bend; leg-assisted knee bend

03
Straighten
Knee extension press; seated knee straightening

About 2 minutes per exercise is from Armin's video description and the 3-second holds are from his video; doing it 1–2 times a day is a suggestion. Only progress as your surgeon and physio allow. Armin's description says some pain is normal with these exercises after a knee replacement and to work through it as tolerated. Suggested: keep it to about **4/10** and don't push through significant or sharp pain.

Stop the exercise if you notice

- Sharp pain in the knee or calf
- A big increase in swelling, or pain that doesn't settle after the session
- Anything that goes against your surgeon's instructions

Your timeline and precautions depend on your surgery. Always follow your surgeon and physiotherapist.

SAFETY FIRST

Get checked right away if you have

- **Calf pain, swelling or redness** in either leg
- **Chest pain or shortness of breath** (call 911)
- The wound is **red, hot, leaking**, or you have a **fever**
- Sudden **big increase in swelling** or pain that doesn't settle
- You **can't put weight** on the leg after a fall
- **Numbness or weakness** in the leg that's new or getting worse

Call 911 for chest pain or shortness of breath. For the others, contact your surgeon right away or go to the nearest emergency department.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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arminphysio.com

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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