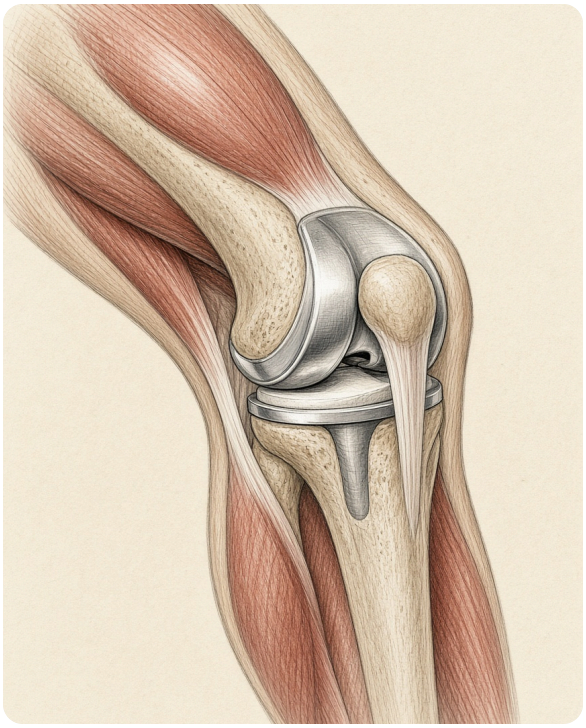
ARMIN PHYSIO



PATIENT GUIDE

After a Knee Replacement: Part 2

Ready to load the new knee? **Part 2** of your exercises.

Armin Ghayyur
Physiotherapist · arminphysio.com

Part 2: weight-bearing and loading

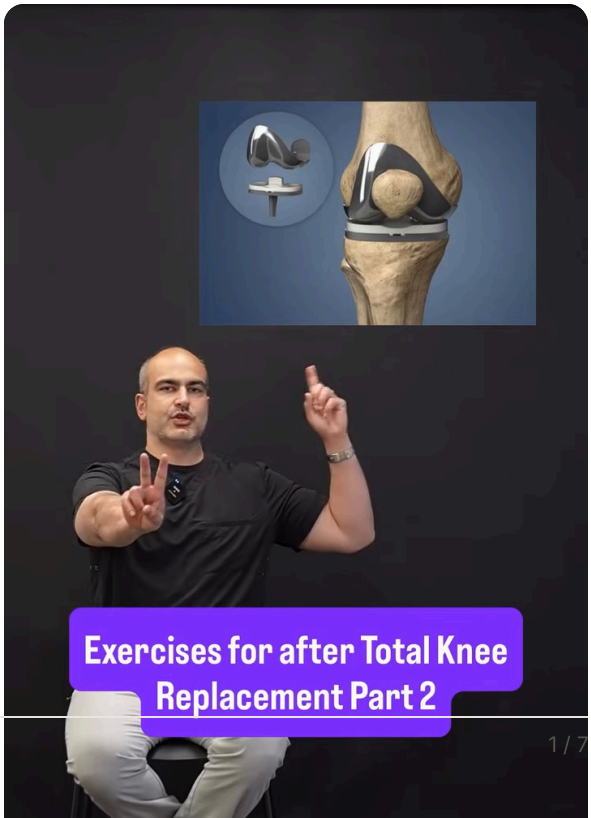
Once you're comfortable with the Part 1 exercises, the focus moves to weight-bearing: loading the knee, activating the muscles properly and getting your walking back to normal. Armin's description notes it usually takes about 3 months to feel 60% better, 6 months to feel 80% better, and about a year before you forget which knee had the surgery.

QUICK CHECK

Does this sound like you?

- [ ] You've **finished Part 1** or can stand comfortably
- [ ] You're working on **walking normally** again
- [ ] **Squatting or getting up** from a chair is hard
- [ ] You feel **unsteady** standing on the new knee
- [ ] The **back of the leg** feels tight

If this sounds like you, check with your surgeon or physio, then try the 4 exercises on the next pages. Use a counter or chair for support.



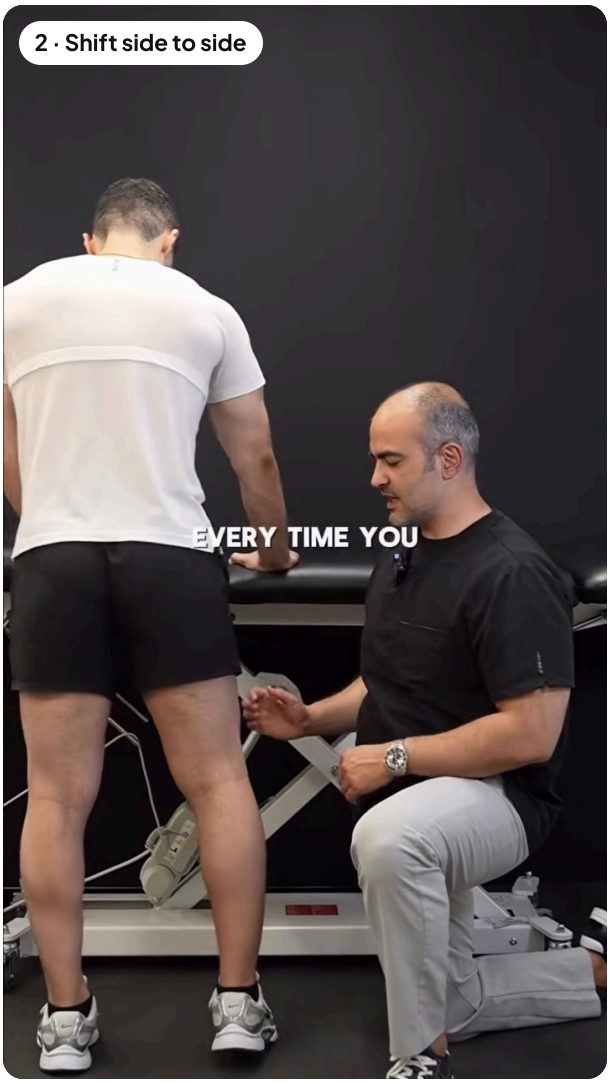
YOUR 4 EXERCISES

Try these exercises

1 Side-to-side weight shifts

Gets you comfortable loading the new knee





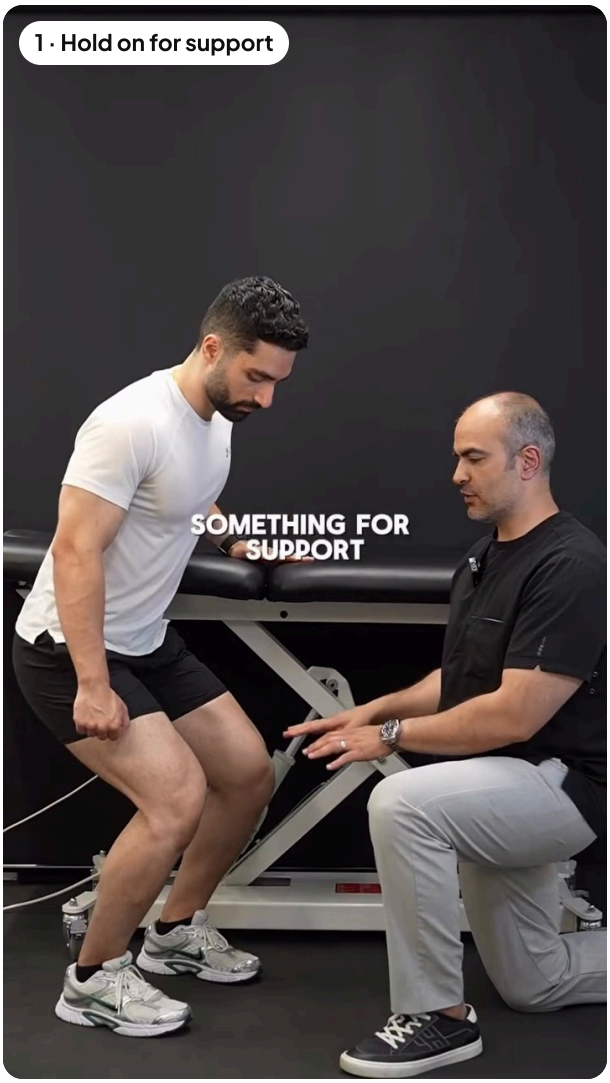
1. **Hold on to a kitchen counter** if needed.
2. **Shift your weight side to side.**
3. **Every time you land** on the new knee, **activate that quadricep muscle**.
4. Repeat.

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.

2 Supported squat

Builds leg strength for chairs, toilets and stairs





1. **Hold on to something for support.**
2. **Go straight down**, as low as you can tolerate.
3. **Come right back up.**
4. Keep challenging yourself, and repeat.

About 2 minutes per exercise

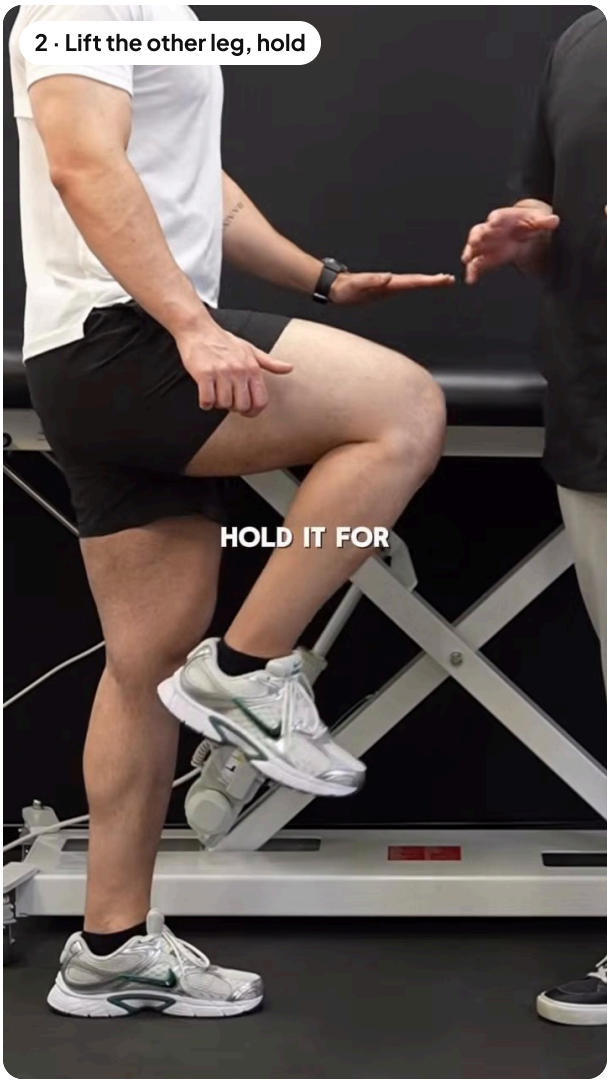
From Armin's video description

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

3 Single-leg balance

Rebuilds balance on the new knee





1. Stand with your **hand hovering over something** for support.
2. **Lift the other leg up** so you're standing on the new knee.
3. **Hold it for about three seconds.**
4. **Go back down** 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.

4 Chair calf stretch

Stretches the calf and the back of the knee





1. **Have a chair in front of you** for support.
2. **Unaffected leg in front** with the knee bent; the **affected leg in the back, straight**.
3. **Lean forward** and you'll feel a nice stretch back here.
4. **Hold for about 10 to 30 seconds** and repeat.

Hold 10–30 seconds, 2–3 times

Hold from Armin's video; repeats suggested

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

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01	02	03	04
Load	**Strengthen**	**Balance**	**Stretch**
Side-to-side weight shifts	Supported squat	Single-leg balance	Chair calf stretch, 10–30 s

About 2 minutes per exercise is from Armin's video description; the 10–30 s stretch hold is from his video. Keep doing the Part 1 exercises that you still need (suggested). 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

Always have something stable to hold on to for the standing exercises.

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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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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