



**Thank you for helping my patient to continue their post-operative treatment once surgery has been completed and once out of hospital.**

## **STATIC QUADS**

Most of my patients have been instructed in preoperative and perioperative static quads exercises as the main stay of their early exercise commitment.

**I require them to do no less than 1hour of static quads exercises ach day, performed in 5, 10 or 15 minute blocks..... This will achieve 1000 reps or more a day**

I want them to do these with their foot supported and the knee in a relaxed state.

I don't encourage them to do this in the bed, as most people don't lie in bed all day, so ideally sitting in a straight backed/ dining chair, with the foot on a stool or a coffee table, or if their bottom is brought to the relative edge of the chair the heel can be rested on the floor with the knee in a relaxed straight starting position.

Then the quads are contracted, and held for 2-3 seconds the relaxed.

Alternating left to right CAN be done if the patient so desires to keep the non-operated knee strong too.

## **FLEXION**

Flexion can be done with a plastic bag on the floor to facilitate sliding.

Also lunging with some support on the side such as a table of sturdy chair to hold onto, and rocking into more and less flexion over the knee.

## **OTHER**

Calf exercises and hamstring stretches are to be practiced for 5min .. 4 times a day

Cycling is encouraged once 80-90 degrees of flexion can be achieved.

Pool walking at 2-3 weeks when the wound is water tight

I do not want any squatting exercises in the first weeks, these are strenuous to the knee and the patella tendon, and it is hard to do multiple reps without strain and pain.