

# Nottingham Family Wellness Centre

## Knee Replacement Prep

### Knee Exercises



#### LONG ARC QUAD - LAQ - HIGH SEAT

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### ELASTIC BAND - STRAIGHT LEG RAISE - SLR

While lying on your back with an elastic band looped around your ankles, lift the target leg upwards.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### BRIDGING



While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

### SIDELYING CLAMSHELL - CLAM SHELL



While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.



Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

### SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS - CLAMSHELL



Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.



Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

### HAMSTRING SET

Lie down on your back and then bend your knee. Next, press your heel into the ground and hold. Relax and repeat.



Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### ELASTIC BAND - HAMSTRING CURL

While seated and an elastic band attached to your ankle, bend your knee and draw back your foot.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### HIP ADDUCTION SQUEEZE - SUPINE

Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.

Repeat 10 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

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### Knee Stretches



#### QUADRICEPS STRETCH - SIDELYING

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



#### HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day