

## Restorative Exercises after Having an Exchange Surgery on Artificial Knee

### 1. 1<sup>st</sup> day exercise after surgery:

\* Isometric exercise on wounded leg:

- (1) Exercising quadriceps femoris muscle: Lay legs flat on bed, and push knees hard downwards then count to five and relax for five times. Repeat the process, then it helps straighten quadriceps femoris muscle.
- (2) Exercising soleus muscle: Feet are exercising by turning in circles. This is the 1<sup>st</sup> day exercise after surgery.

### 2. 3<sup>rd</sup>-5<sup>th</sup> day exercise after surgery:

- (1) Stretching and raising legs exercise: Lay flat and bend knee on healthy leg over, at the same time, stretch and raise legs up for few seconds then lay down. May require assistance from others at the beginning.
- (2) Stretching and bending knees: Assist patient on bed and place a towel beneath your knee. Encourage patient to raise his/her wounded leg until it is straightened out then put down.
- (3) Taking anti-gravity dispersion exercise (raise legs up and lean): Instruct patient to lay and bend towards healthy side of hip knee, in order to get balance. Then instruct patient to raise wounded leg straight then count to 5 and put down slowly.
- (4) Assist you to sit on the edge of bed, then slowly move both legs to it. Wait until both legs are accustomed to this movement, then train legs to practice straightening and bending actions. If patient becomes tired, then lay wounded legs on chair besides bed for rest.

### 3. T-st day exercise after surgery:

- (1) Nurse may assist you to get off bed and sit on wheel chair, then patient can either moves to washroom for wash up or go out for a walk, or to take the following exercises.
- (2) Assist you to lay flat facing ground, then help wounded legs straight. Move feet toes to defend against bed end, then push knees hard to leave bed, as well as to maintain this stretching movement.
- (3) Assist you to lay flat facing ground and relax muscles on legs, then bend knee on wounded leg up and do some bending movement on knee.

所提供之資訊不能取代醫師之治療及醫師與病人之關係  
(資料來源取自臺北榮民總醫院健康 e 點通)

臺北榮總員山分院 關心您  
市區門診諮詢電話:03-9373939 轉 107  
諮詢電話:03-9222141 轉 6119 或 6120

人工膝關節置換術後的復建之個別護理指導單張

病歷號: \_\_\_\_\_ 姓名: \_\_\_\_\_

於下述就醫日期至臺北榮總員山分院(門診、住院、急診室)經醫師或護理人員說明解釋以瞭解。

衛教日期	家屬及病人簽名	指導者簽名