Total Knee Replacement

घुटना बदलने के बाद कसरतें

A three-phase picture guide — from the first gentle thigh squeezes in bed to walking, swimming and climbing stairs again.

17	13 min	5
exercises	guided session	parts

A knee replacement is only half the story — the other half is what you do in the weeks that follow. The right exercises bring back the bend, the straightening and the strength you need to stand up, walk and take the stairs with confidence.

This guide follows three phases: early movement in the first two to three weeks, strength and balance from around six weeks, and a gradual return to daily activities near the three-month mark.

Every recovery is different. Always do the exercises your doctor or physiotherapist has given you, and ask them how much weight to put through the leg and when to stop using support.

Your recovery timeline

Weeks 0–6

Phase 1 · Early recovery

Start in the first days after surgery, as your care team allows. Continue daily until 6 weeks.

Exercises that start in this phase

1 Quadriceps Set · 2 Heel Slide · 3 Heel Press · 4 Supported Knee Extension · 5 Seated Knee Extension

Goals: bend the knee to 90° by 21 days, bend it fully by 1 month, and get it fully straight.

Weeks 6–12

Phase 2 · Strength, stairs & balance

Start at about 6 weeks, when your team says you're ready. Continue until 12 weeks.

Exercises that start in this phase

6 Sit to Stand · 7 Stair Practice · 8 Side Stepping · 9 Backward Stepping · 10 Low Step Touchdown · 11 Standing Knee Bend · 12 Standing Hip Abduction · 13 Standing Hip Extension

From 3 months

Phase 3 · Back to everyday life

Start from about 3 months and build up gradually.

Exercises that start in this phase

14 Walking · **15** Swimming · **16** Outdoor Cycling · **17** Stair Climbing

Swimming and outdoor cycling only after your doctor clears you.

Phase 01 · Weeks 0–6

Early rehabilitation

Start in the first 2–3 weeks after surgery, when your care team says you can begin.



Reps	Per day	Equipment
10	1–2×	None

Exercise 01

Quadriceps Set

जांघ कसें

How to perform

1. Lie on your back.
2. Tighten your thigh and press the back of your knee down into the bed.
3. Hold 5–10 seconds, then relax.



Reps	Per day	Equipment
10	1–2×	None

Exercise 02

Heel Slide

एड़ी खिसकाएँ

How to perform

1. Lie on your back.
2. Slide your heel towards you to slowly bend the knee, then straighten the leg again.

Your goals

- **Bend the knee to 90° by 21 days after surgery**
- **Bend the knee fully by 1 month after surgery**



Exercise 03

Heel Press

एड़ी दबाएँ

How to perform

1. Lie on your back.
2. Press your heel gently down, keeping your hips still.
3. Release after 5–10 seconds.

Reps	Per day	Equipment
10	1–2×	None

Phase 01 · Weeks 0–6

Getting the knee straight

Lift slowly and lower slowly. Never force the knee. Keep the towel under the knee only while exercising — don't rest for long periods with a pillow under the knee.



Exercise 04

Supported Knee Extension

तौलिये पर घुटना सीधा करें

How to perform

1. Place a rolled towel under the knee.
2. Keeping the thigh on the towel, lift the heel up, then lower slowly.

Reps	Per day	Equipment
10	1–2×	Towel



Exercise 05

Seated Knee Extension

कुर्सी पर घुटना सीधा करें

How to perform

1. Sit on a firm chair with your thigh resting on the seat.
2. Slowly straighten the knee, then bring the foot back down.

Reps	Per day	Equipment
10	1–2×	Chair

Phase 02 · Weeks 6–12

Standing, stairs & balance

Around six weeks, or when your team says you're ready. Early stair and walking practice may be taught in hospital before this.



Reps	Per day	Equipment
10	1–2×	Chair

Exercise 06

Sit to Stand

कुर्सी से उठें

How to perform

1. Sit on a sturdy chair with feet flat.
2. Push up using the armrests, then sit back down slowly.



Dose	Equipment
As advised	Step & rail

Exercise 07

Stair Practice

सीढ़ी चढ़ें और उतरें

How to perform

1. Hold the rail if needed and take one step at a time.
2. Going up, lead with the non-operated leg.
3. Coming down, lead with the operated leg.

Safety note

Up with the good, down with the operated



Reps	Per day	Equipment
10	1–2×	Step & rail

Exercise 08

Side Stepping

बगल में कदम रखें

How to perform

1. Hold a firm support.
2. Take a small step to the side, then bring the other foot in.
3. Go slowly in both directions.



Exercise 09

Backward Stepping

पीछे छोटा कदम लें

How to perform

1. Hold a support.
2. Take a small step backwards and return with good balance.

Dose	Equipment
As advised	Step & rail

Phase 02 · Weeks 6–12

Building leg strength

Exercise near a chair, rail or sturdy support. Add ankle weights only when your physiotherapist tells you when to start and how much.



Exercise 10

Low Step Touchdown

नीची सीढ़ी से एड़ी छुआएँ

How to perform

1. Stand on a step about 5 cm high, holding support.
2. Bend the top knee slightly and gently touch the other heel down.

Dose	Equipment
As advised	Step & rail



Exercise 11

Standing Knee Bend

खड़े होकर घुटना मोड़ें

How to perform

1. Hold a support.
2. Keeping the thigh in place, lift the heel behind you, then lower the foot slowly.

Reps	Per day	Equipment
10	1–2×	None



Exercise 12

Standing Hip Abduction

पैर बगल में उठाएँ

How to perform

1. Hold a chair.
2. With toes pointing forward, lift the leg a little out to the side.
3. Keep your body upright.

Reps	Per day	Equipment
10	1–2×	Chair



Exercise 13

Standing Hip Extension

पैर पीछे ले जाएँ

How to perform

1. Hold a chair.
2. Keeping the knee straight, take the leg a little backwards.
3. Don't lean forward at the waist.

Reps	Per day	Equipment
10	1–2×	Chair

Phase 03 · From 3 months

Back to everyday life

Progress according to your strength, balance and your doctor's permission.



Exercise 14

Walking

समतल जगह पर चलें

How to perform

1. Walk on level ground with the support you've been advised.
2. Start comfortably and increase distance gradually.

Dose	Equipment
As advised	None



Exercise 15

Swimming

तैराकी

How to perform

1. Only after the wound has fully healed and your doctor approves.
2. Begin with gentle swimming.

Safety note
Start this only when your doctor or physiotherapist has cleared you.

Dose	Equipment
As advised	Pool



Exercise 16

Outdoor Cycling

बाहर साइकिल चलाएँ

How to perform

1. With your doctor's permission and good balance, choose a flat, safe route.
2. Start with short distances.

Safety note
Start this only when your doctor or physiotherapist has cleared you.

Dose	Equipment
As advised	Bicycle



Exercise 17

Stair Climbing

रोज़मर्रा की सीढ़ियाँ

How to perform

1. Hold the rail and go up and down slowly, using alternate legs.
2. Start step-over-step only when your physio allows.

Dose	Equipment
As advised	Step & rail

When to stop

Stop and talk to your care team if exercise increases pain or swelling. Get emergency help immediately for sudden breathlessness or chest pain.

Based on AAOS exercise and activity guidance.

These guides support — they don’t replace — the plan from your own doctor or physiotherapist. Voice-guided sessions are on the Monica Singh website and app.