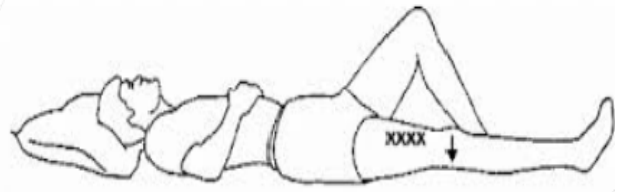


Exercises following surgery

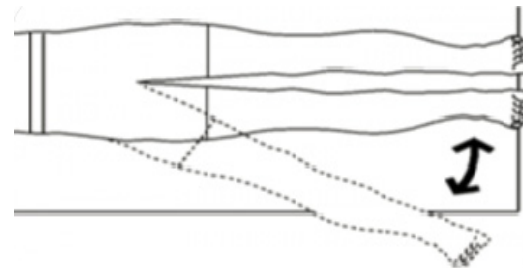
This leaflet outlines some general exercises you can do following your operation. Your nurse or physiotherapy will let you know when to start the exercises.

General exercises

- Lie on your back.
- Tighten your thigh muscle by pushing the back of your knee down into the bed.
- Hold for 5 seconds and relax.
- Repeat _____ times for each leg.



- Lie on your back.
- Slide one leg out to the side.
- Keep the knee straight and your toes pointing up to the ceiling.
- Repeat on the other leg and repeat times for each leg.



- Lie on your back.
- Slide your heel towards your buttocks and then straighten the leg slowly.
- Repeat _____ times for each leg.



Chair exercises

- Roll your shoulders forward and backwards.
- Lift shoulders up and down.
- Repeat _____ times.

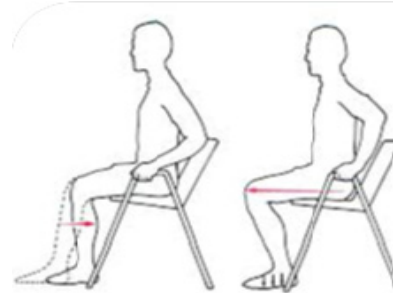


Figure 1: Shoulder rolls

- Sit on a chair with your feet slightly apart.
- Lift and straighten you knee – pull toes towards you to make this exercise harder.
- Hold for 5 seconds and slowly lower.
- Repeat ____ times for each leg.



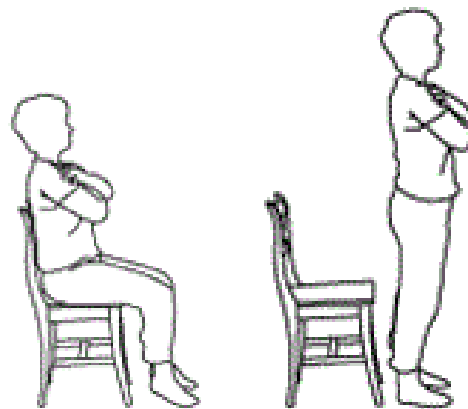
- Sit in your chair.
- Slowly slide your foot backwards bending the knee.
- Keep your bottom and thigh still.
- Repeat ____ times for each leg.



Standing exercises

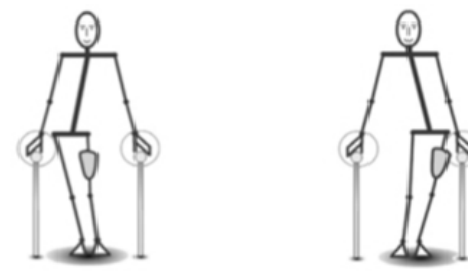
Sit to stand

- Place a pillow on the back of the chair.
- Bring bottom towards the edge of the chair. Sit with knees bent and shoulder width apart with feet flat on the floor.
- Lean back on pillow and using momentum lean forwards, bringing your 'nose over toes' and slowly stand up.
- To begin with place your hands on the arms of the chair and push up.
- As you begin to feel stronger/safer try standing without using your hands.
- Slowly sit back down.
- Repeat ____ times.



Weight transfers

- In standing, holding onto a frame or chair, stand with feet shoulder width apart.
- Slowly transfer your weight onto one foot and then back to the other foot.
- Repeat ____ times.

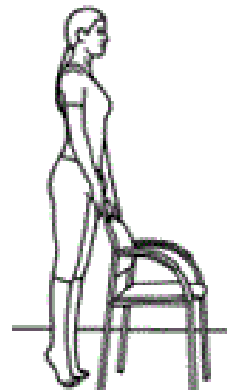


Stand between the parallel bars using both hands to support yourself.

Shift the pelvis from right to left and vice versa, without moving your shoulders.

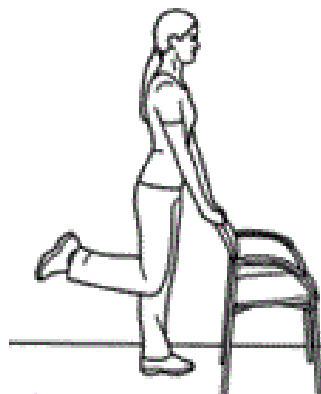
Heel raises

- Stand straight, feet flat on floor, holding onto a chair or frame.
- Slowly raise onto your tiptoes, as high as you can.
- Hold position for 5 seconds and slowly lower heels.
- Repeat _____ times.



Leg stand

- While standing hold on to the back of a chair.
- Slowly bend one knee as far as possible. Do not lean forwards.
- Hold position for 10 seconds and slowly lower foot down.
- Repeat _____ times on each leg.



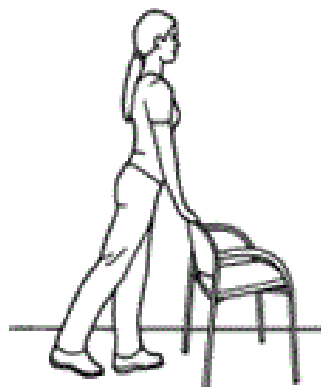
Marching on spot

- While standing hold on to the back of a chair.
- Slowly bend one knee toward chest, without leaning forwards or backwards.
- Hold position for 5 seconds and slowly lower your leg down.
- Repeat _____ times on each leg.



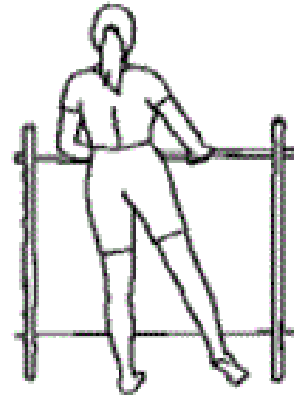
Hip extensions

- Stand holding onto chair with both hands.
- Try and keep back straight and slowly lift your leg backwards without bending your knee or leaning forward.
- Hold position for 5 seconds and slowly lower your leg.
- Repeat _____ times on each leg.



Sideways leg swing

- Standing holding onto chair with both hands.
- Slowly lift your legs out to side keeping your back and both knees straight.
- Keep your toes facing forwards.
- Hold position for 5 seconds and slowly lower your leg.
- Repeat _____ times on each leg.



Contact information

Name of your ward: _____

Ward telephone: _____

Further information

More information is available on the Trust website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Physiotherapy, May 2016

Review due: May 2018