

TOTAL KNEE REPLACEMENT

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EXERCISE & DIET

Exercise Importance



IRQ Inner Range Quads. Lie down, put a towel under your knee, straighten your leg, hold for a few seconds, and then gently lower the leg.



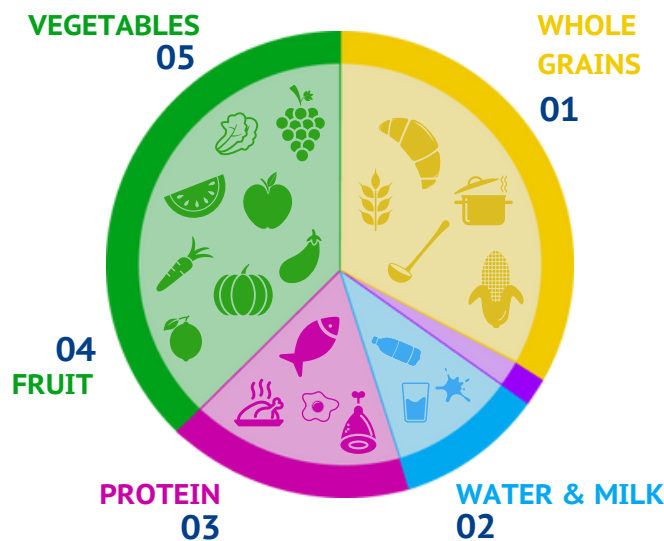
SLR Straight Leg Raises. Lie on your back, straighten one leg, and lift it a few inches off the ground. Hold briefly. Lower.



KNEE FLEXION These facilitate bending and straightening of the knee, aiding in daily activities. E.g. heel slides, and seated knee flexion.

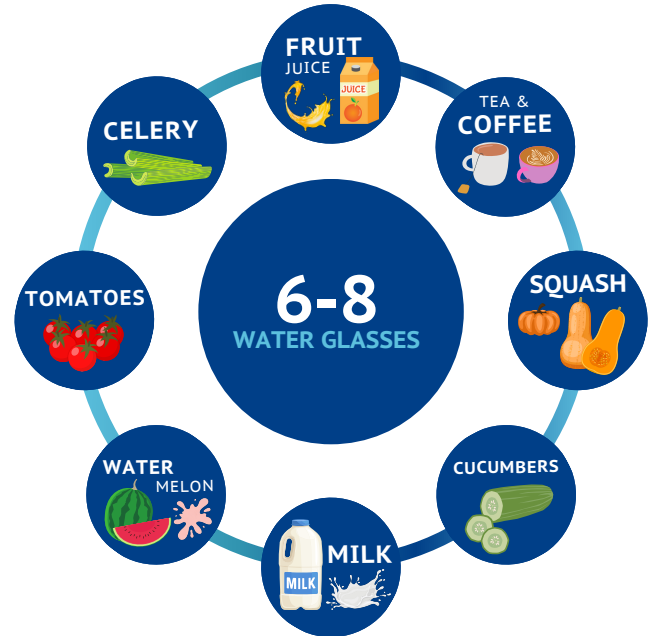


STATIC QUADS Lie down, tighten the quadriceps, and push the back of the knee down to the surface.



EAT WELL

HEALTHY DIET GUIDE



Pacing Techniques

FATIGUING ACTIVITIES	ALTERNATIVE STRATEGIES
Extended Standing	Joint-friendly Positions
Excessive Walking	Scheduled Rest Breaks
Strenuous Household Chores	Task Delegation
Uncontrolled Knee Bending	Gradual Activity Progression

Supplements to Stop Before Surgery



VITAMIN E



IRON VITAMINS



FISH OIL



GREEN TEA EXTRACT