

Daily Routine:

Please see the below as a guide for your daily rehabilitation. You don't need to do every exercise at every session but it is important to do something with your knee every few hours. Little and often is key.

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| Morning: Session 1 | Bed exercises when you wake up to loosen out the knee(s) |
| | Get up, have your wash, have your breakfast |
| | Sit and Ice for 20 minutes |
| 10/11am: Session 2 | Walk x 5 minutes |
| | Chair exercises |
| | Ice for 20 minutes and Rest |
| After lunch: Session 3: | Walk x 5 minutes |
| | Chair and standing exercises |
| | Ice for 20 minutes and Rest |
| After dinner: Session 4 | Walk x 5 minutes |
| | Bed exercises |
| | Ice for 20 minutes and Rest |
| Before bed: | Ice for 20 minutes and Rest |

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| Notes: |
| Increase the walking by 1 minute each day |
| Make sure you take your pain medication as prescribed especially before bed |

*This is a guide, you may need to do more or less depending on how your knee (s) is. You should follow up with a physiotherapist on discharge. Your physiotherapist in the hospital will advise on this. If you are experiencing severe pain and swelling and are unable to do the above, please contact us on 01 526 2040