

Children's physiotherapy

Exercises after your operation

Information for patients, relatives and carers

You have had an operation called:

The surgical team have recommended you follow these instructions:

Your weight bearing status is (please tick):

- Non weight bearing. You are not allowed to put any weight through your affected leg. You must keep your leg always lifted off the floor when walking and standing.
- Partial weight bearing. You can put some weight on your injured leg. Most of the weight should go through your arms when using the affected leg.
- Toe touch weight bearing. You can place the toes of your affected leg on the ground when walking. The heel must not touch the floor.

Exercises:

Please complete the exercises that have been ticked by your physiotherapist 3 times per day, for the first 2 weeks after your operation, or until seen by your local physiotherapist.

It is normal to experience pain or discomfort after an operation. Please ask your nurse for pain relief regularly.

Moving your leg and working with the physiotherapists to get out of bed is really important to help with healing.

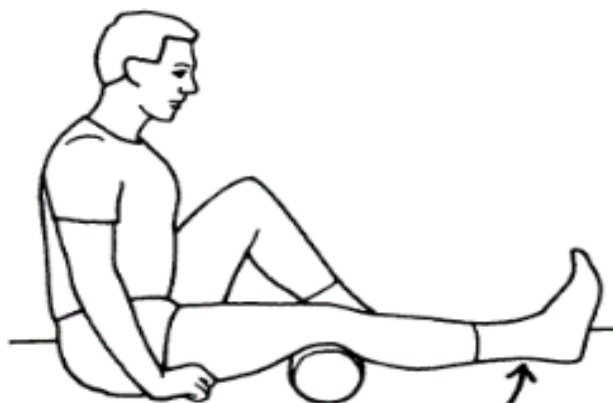
Heel slides:

Lay on your back. Bend your injured leg so your heel slides towards your bottom. Repeat 10 times.



Inner quadriceps:

Place a rolled-up towel below the injured knee. Try to lift your heel off the bed by squeezing your thigh muscles. Hold for 3 seconds and repeat 10 times.



Images sources from: [Physiotools online](#)

Straight leg raises:

Lay on your back.
Squeeze your knee straight and lift your leg off the bed.
Repeat 10 times.



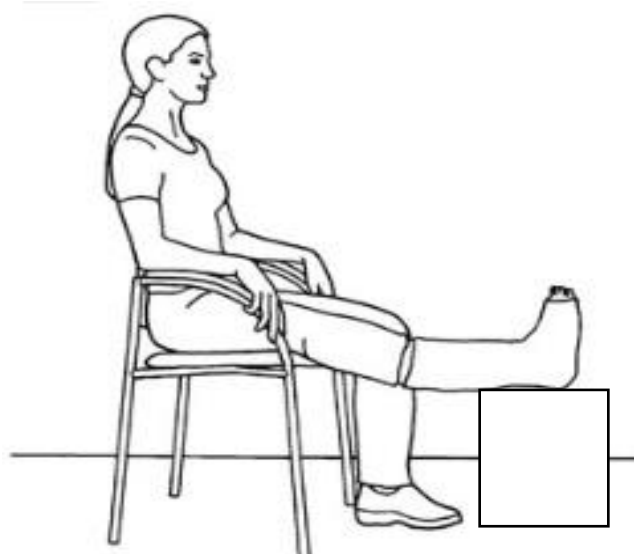
Knee extensions:

Lay on your tummy.
Bend your injured leg as if you were trying to get your heel to touch your bottom. Repeat 10 times.



Knee extension:

Sit in a chair. Allow the heel of your injured leg to rest on a stool. Push your knee down to help straighten your leg. Stay in this position for 30 seconds. Repeat 3 times.



Hip flexion:

Lay on your back.
Bend your hip and knee to make a 90-degree angle. Return the leg to the bed.
Repeat 10 times.



Using the stairs

Remove any clutter from the steps so you do not trip. Ensure that steps and stairs are well lit, particularly at night.

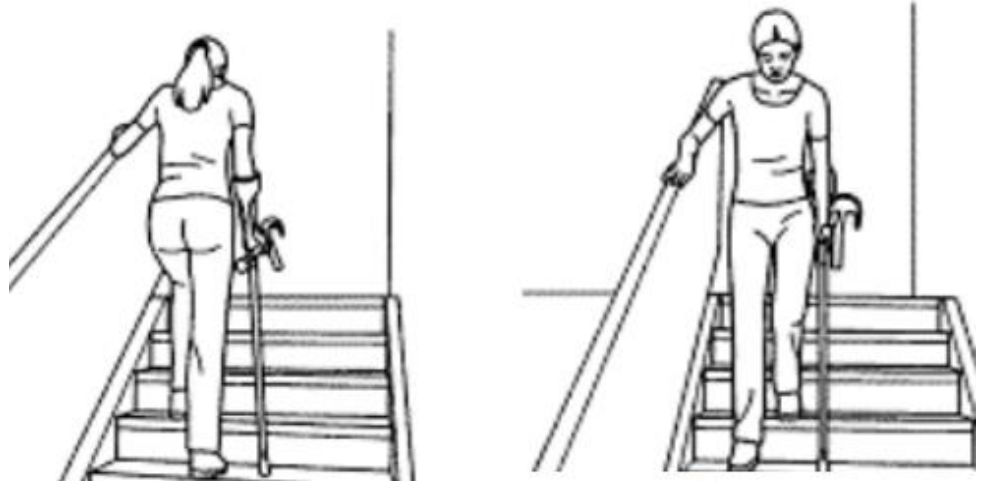
It may be sensible to have someone with you the first time you attempt stairs or steps when you get home.

If there is a banister or rail, please use it. If there are no banisters or rails, then use 2 crutches as you were taught by your therapist.

You may be able to carry your other crutch up and down yourself by holding it horizontal in the same hand as the other one, so it forms a 'T' shape.

Going up:

1. Non-operated leg
2. Operated leg
3. Crutch or stick



Going down:

1. Crutch or stick
2. Operated leg
3. Non-operated leg

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Children's physiotherapy
Published: January 2024
Review date: January 2027
Reference no: 912
© Imperial College Healthcare NHS Trust