

人工膝關節置換術後的復健運動

- 一、 手術後第一天的運動：
*患腿之等長運動：
 - (一) 股四頭肌運動：把腿平放於床上，膝部用力往下壓，數五下，放鬆五下，再重複它，可加強四頭肌的立量。
 - (二) 小腿肌肉運動：腳掌分別向足背及足底作屈曲動作，手術後第一天的運動。
- 二、 手術後第三-五天的運動：
 - (一) 腿的伸直抬高運動：平躺，將健肢膝蓋彎曲，同時患腿伸直向上抬高，維持幾秒鐘再放下，初期可由他人協助完成。
 - (二) 膝蓋伸立彎曲運動：協助病人坐於床上，置一毛巾捲於其膝下，鼓勵病人抬起患腿，直到其伸直為止，繼而再放下之。
 - (三) 抗重力外展運動(小腿抬高一斜倚運動)：指導病人躺向健側髖膝微屈，以獲平衡，按著囑病人筆直抬起患腿保持此姿勢計數至五，再慢慢放下。
 - (四) 協助您坐於床沿，雙腿慢慢垂到床沿，等適應後讀息腿練習伸直與彎曲的動作，如果您累了，可把患腿放於床旁椅上休息。
- 三、 手術後第t天的運動：
護士可協助您由床上下來坐輪椅，自己到洗手間梳洗或到外面散步，也可做下列運動。
 1. 協助您俯臥，把患腿伸直，腳尖抵住床尾，用力將膝蓋離開床，維持伸展的動作。
 2. 協助您俯臥將腿部肌肉放鬆，把患腿膝蓋彎曲，而做膝部的彎曲運動。

Restorative Exercises after Having an Exchange Surgery on Artificial Knee

1. 1st day exercise after surgery:
* Isometric exercise on wounded leg:
 - (1) Exercising quadriceps femoris muscle: Lay legs flat on bed, and push knees hard downwards then count to five and relax for five times. Repeat the process, then it helps straighten quadriceps femoris muscle.
 - (2) Exercising soleus muscle: Feet are exercising by turning in circles. This is the 1st day exercise after surgery.
2. 3rd-5th day exercise after surgery:
 - (1) Stretching and raising legs exercise: Lay flat and bend knee on healthy leg over, at the same time, stretch and raise legs up for few seconds then lay down. May require assistance from others at the beginning.
 - (2) Stretching and bending knees: Assist patient on bed and place a towel beneath your knee. Encourage patient to raise his/her wounded leg until it is straightened out then put down.
 - (3) Taking anti-gravity dispersion exercise (raise legs up and lean): Instruct patient to lay and bend towards healthy side of hip knee, in order to get balance. Then instruct patient to raise wounded leg straight then count to 5 and put down slowly.
 - (4) Assist you to sit on the edge of bed, then slowly move both legs to it. Wait until both legs are accustomed to this movement, then train legs to practice straightening and bending actions. If patient becomes tired, then lay wounded legs on chair besides bed for rest.
3. T-st day exercise after surgery:
 - (1) Nurse may assist you to get off bed and sit on wheel chair, then patient can either moves to washroom for wash up or go out for a walk, or to take the following exercises.
 - (2) Assist you to lay flat facing ground, then help wounded legs straight. Move feet toes to defend against bed end, then push knees hard to leave bed, as well as to maintain this stretching movement.
 - (3) Assist you to lay flat facing ground and relax muscles on legs, then bend knee on wounded leg up and do some bending movement on knee.