

Internal knee prostheses

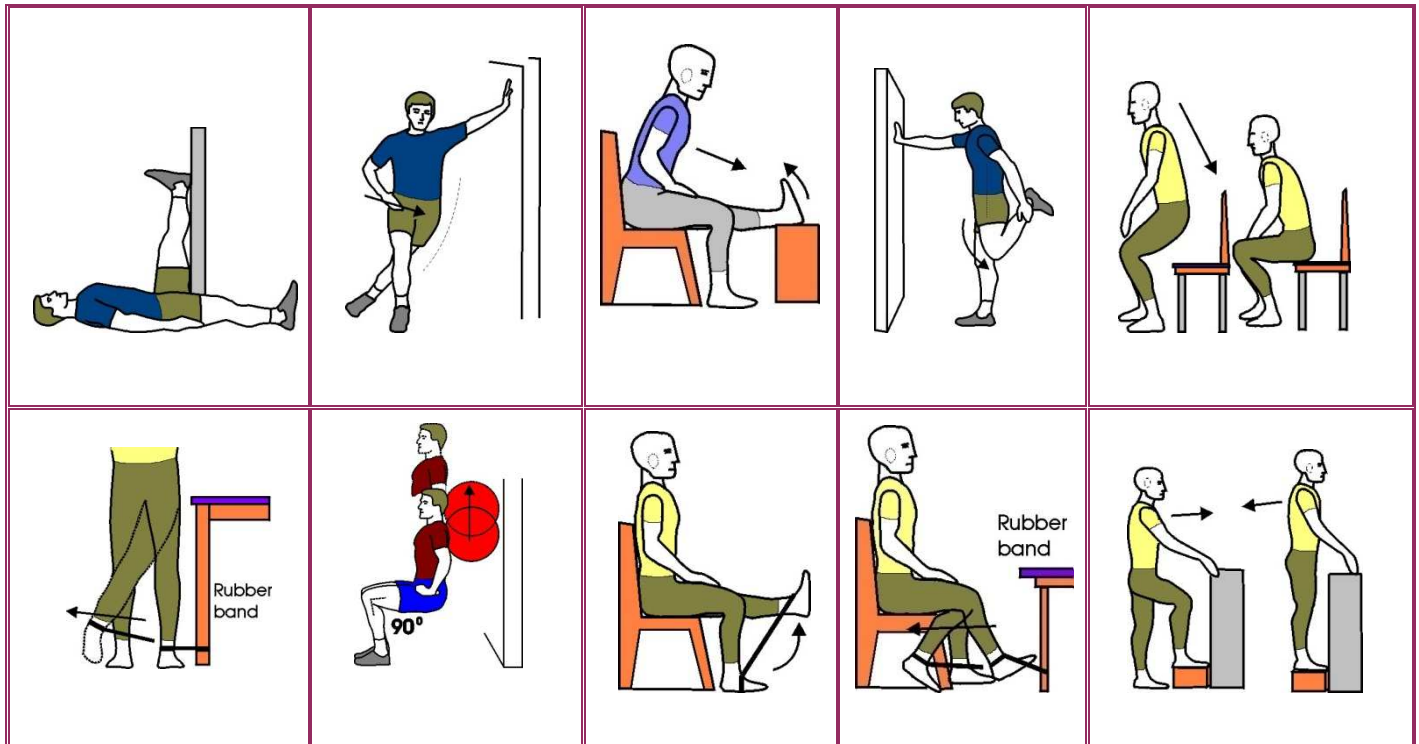
The knee joint is composed of the femur, tibia and patella. The inner femoral condyle moves with the inner tibial plateau and the outer femoral condyle with the outer tibial plateau, making the internal knee prosthesis associated with the inner femoral condyle and/or the inner part of the tibial plateau.



<http://www.hopital-dcss.org/actes/ptg.htm#puc>

<http://prothese.genou.perso.cegetel.net/genou/genou.html> 19/09/06

EXERCICES :



- Climb stairs on the point of the toes.
- Stand on one leg 1) in a door frame, 2) eyes closed 3) on a cushion... balance board, balance cushion, trampoline.
- Hold position for one minute.
- Hold onto a ball between the legs while in a half-squatting position.

To avoid the risk of injury, it is strongly recommended to consult your health care professional before starting any exercise program.