

WELCOME TO STAK

Using the STAK, patients gained 30°
increase in knee range of movement in only
8 weeks.

WWW.STAKKNEESTRETCHER.COM



Top five essentials to speed up your recovery following knee replacement

Following a total knee replacement, it's important to take certain measures to speed up your recovery and regain mobility. Here are **five essential** things you can do:



1. Physiotherapy and exercise: Engage in a structured program to help improve strength, flexibility, and range of motion in your knee. STAK offer tailored programmes that are designed to get you back to normal as quickly as possible.



2. Pain management: Manage your pain effectively by following the prescribed pain medications and staying ahead of any discomfort. This will allow you to participate in physiotherapy and perform exercises with greater ease. STAK can help and support you to get the right pain medication to help your recovery.



3. Rest, ice and elevation: Ensure you get sufficient rest and elevate your leg when sitting or lying down. Elevating your leg above heart level can help reduce swelling and promote better circulation. We can offer help and advice on the length of time and how often you should be doing this. We also supply ice packs and wraps for effective, therapeutic and convenient icing.



4. Follow post-operative instructions: Adhere to post-operative instructions provided by your surgeon, STAK professional, and healthcare team. This may include wearing compression socks, completing your STAK programme, avoiding certain activities, and attending follow-up appointments. Following these instructions will prevent complications and ensure smoother recovery.



5. Hire STAK tool and STAK Programme: The STAK enables you to carry out effective intense stretching of your knee daily in your own home. Standard physiotherapy exercises simply do not achieve the same results (only 10% of the torque of the STAK). Your STAK programme includes a bespoke physio service as well as the STAK tool and ice pack.

Remember, every individual's recovery process may vary, and it's crucial to consult your healthcare provider for personalised advice and guidance based on your specific situation.



The No.1
knee
rehabilitation
device

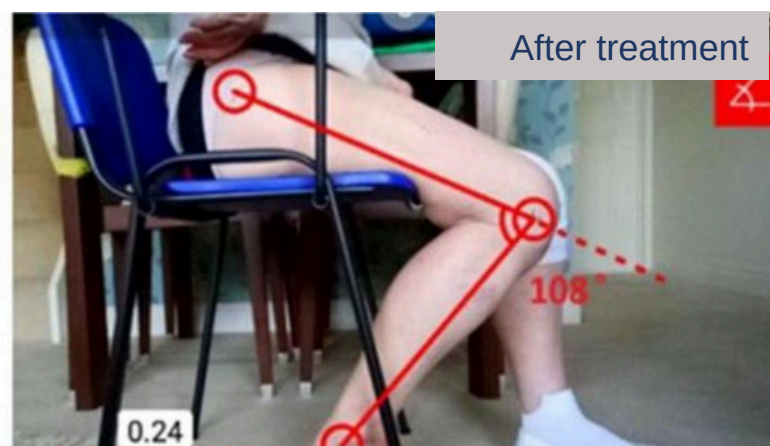
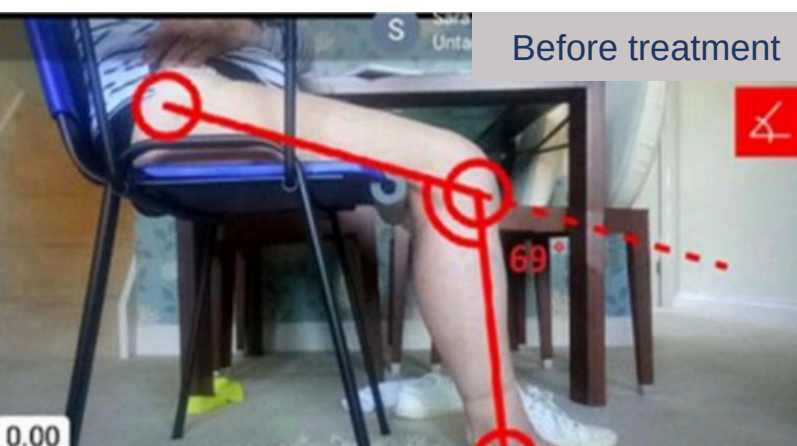
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30°
increase!*

Clinically
proven!

Compared to only 8° in patients receiving standard physiotherapy



*30° increase results with specialist STAK physiotherapist

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The STAK is a clinically proven, class 1 medical device for home use which enables the patient to generate the high intensity stretches required to break down the dense scar tissue facilitating new tissues to form; reducing pain, stiffness and improving range of movement, strength and function.



98%
extremely
Satisfied



- ✓ The STAK is light, easy to use and reusable.
- ✓ Use the STAK 3 times a day (20 minute each session)
- ✓ You, the patient, are in full control of the intensity of the stretch, using your own body weight and leverage.
- ✓ It is safe, highly effective and motivating.

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Order Your STAK Tool Today and Take Back Control of Your Recovery!

Getting your STAK Tool and bespoke programme couldn't be easier! Simply follow the link below (scan the QR code or visit the website), fill out your details, and we will be in touch to discuss your tailored programme.



- Want to know more? Talk with our specialist physios today to find out more about how the STAK can help you. Call 07799521653 or email info@stakkneestretcher.com.
- Alternatively, take part in the STAK Programme through your local physio. Send us their contact details to get access to the essential physio training video

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COMMON PAIN POINTS



Hamstring Stretch

Target Area: Hamstrings

How to Do It: Sit on the edge of a chair, extend one leg straight out with the heel on the floor, and gently reach toward your toes. Hold for 20-30 seconds and switch legs.

Benefits: Increases flexibility in the back of the leg and reduces tension in the lower back. You need full knee extension to be able to walk and stand efficiently and without pain.

1

Quad Stretch

Target Area: Quadriceps

How to Do It: Stand behind a chair, hold the back for support, and pull one foot towards your buttocks with your hand or pop your foot on a stool. Hold for 20-30 seconds and switch legs.

Benefits: Improves flexibility in the front of the thigh and reduces strain on the knee. You need 110-120 degrees bend or 'flexion' to be able to perform most daily activities with ease

2

COMMON PAIN POINTS

Hip Flexor Stretch

Target Area: Hip flexors

How to Do It: Kneel on one knee with the other foot in front, creating a 90-degree angle. Push your hips forward slightly. Hold for 20-30 seconds and switch sides.

Benefits: Relieves tightness in the hips and improves overall hip mobility.

3

Calf Stretch

Target Area: Calves

How to Do It: Stand facing a wall with one foot forward and one foot back. Keep both heels on the ground and lean into the wall. Hold for 20-30 seconds and switch legs.

Benefits: Reduces tension in the calves and improves ankle flexibility and knee tension.

4