

10 Best Chair Yoga Poses After Knee Surgery

1. Seated Ankle Pumps

- Sit tall, feet flat on the ground.
 - Gently point and flex your toes.
 - Repeat 10–15 times.
 - **Benefit:** Improves circulation, reduces swelling.
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2. Seated Heel Slides

- Keep one heel on the ground.
 - Slowly slide it forward and back.
 - Repeat 8–10 times each leg.
 - **Benefit:** Encourages knee mobility without over-flexing.
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3. Seated Marching

- Sit upright, hands on thighs.
 - Slowly lift one knee, then the other, like marching.
 - Keep movements small.
 - **Benefit:** Strengthens thigh muscles supporting the knee.
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4. Seated Quad Contraction

- Place foot flat on floor.
 - Tighten thigh muscles, pressing knee down gently.
 - Hold for 5 seconds, release.
 - Repeat 10 times.
 - **Benefit:** Activates quadriceps to stabilize the knee joint.
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5. Seated Leg Extension

- Sit tall, hold sides of chair.
 - Slowly extend one leg forward, straightening the knee.
 - Hold for 3–5 seconds, lower down.
 - **Benefit:** Builds strength in quads without weight bearing.
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6. Seated Hamstring Stretch

- Sit near the edge of the chair.
 - Extend one leg forward, heel on floor, toes up.
 - Lean slightly forward with straight back.
 - Hold 10–15 seconds.
 - **Benefit:** Stretches hamstrings, reduces tightness.
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7. Seated Calf Raises

- Feet flat on floor.
 - Lift heels up, pressing toes into floor.
 - Lower down slowly.
 - **Benefit:** Strengthens calves, boosts blood circulation.
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8. Seated Hip Abduction (with or without band)

- Sit tall, feet flat.
 - Press knees outward slightly, hold, release.
 - Can use a resistance band for progression.
 - **Benefit:** Strengthens hip stabilizers, reduces strain on knees.
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9. Seated Side Bend with Breath

- Raise one arm overhead.
 - Lean gently to the opposite side.
 - Hold 3 breaths, switch sides.
 - **Benefit:** Relaxes upper body tension, promotes deep breathing.
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10. Seated Relaxation with Guided Breath

- Sit comfortably, close eyes.
- Place hands on thighs.
- Inhale deeply, exhale slowly.

- Focus on releasing tension around knees.
 - **Benefit:** Lowers stress and supports healing.
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Safety Tips for Chair Yoga After Knee Surgery

- Always check with your **doctor or physical therapist** before starting.
- Use a sturdy, stable chair without wheels.
- Avoid deep bends, squats, or twisting the knee early in recovery.
- Start slow — even **5 minutes daily** can help.
- Stop if you feel sharp pain or swelling increases.
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