

Total Knee and Total Hip Replacement Exercises

These can be performed before and after surgery

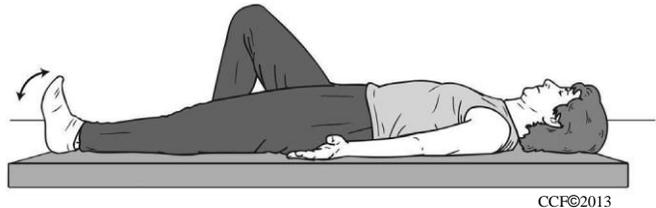
GENERAL INFORMATION

It's important to keep your body strong and flexible both before and after your joint replacement surgery. Following the exercise program presented below will help speed recovery and make doing everyday tasks easier and less painful during your rehabilitation period.

Circulation Exercise: Ankle Pumps

Lie on your back. Gently point and pull ankle of your surgical leg by pumping foot up and down.

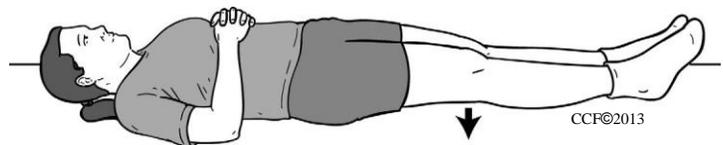
- Repeat 10 times (1 set)
- Do two sets a day



Circulation Exercise: Quadriceps Sets

Lie on your back with your legs straight. Tighten your thigh muscle by pushing your knee down into the bed. **Do NOT hold your breath.**

- Repeat 10 times (1 set)
- Do two sets a day

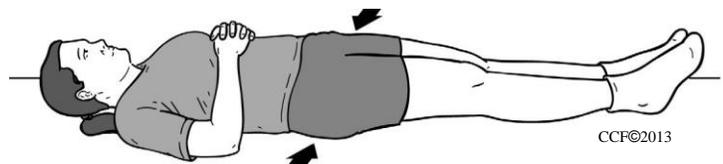


Circulation Exercise: Gluteal Sets (buttock)

Lie on your back with your legs straight. Squeeze buttock together and tighten buttocks muscles.

Do NOT hold your breath.

- Repeat 10 times (1 set)
- Do two sets a day



Short Arc Quads

Lie on your back with a towel rolled under your knee. Slowly straighten your surgical knee by lifting your foot up while keeping your thigh on the roll.

- Repeat 10 times (1 set)
- Do two sets a day



Heel Slides

Lie on your back. Bend your surgical knee by sliding your heel toward your buttocks.

- Repeat 10 times (1 set)
- Do two sets a day



You may be instructed to pull on a bed sheet hooked around your foot to help you slide your heel.

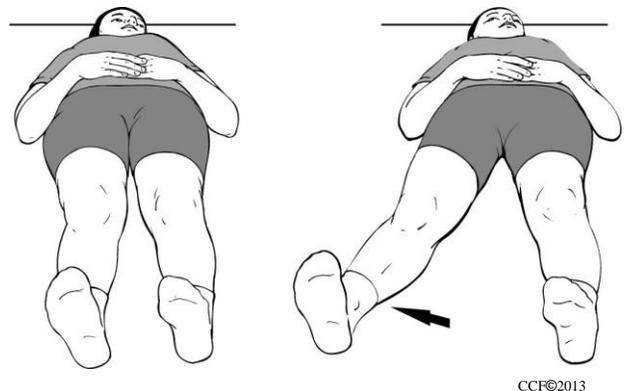
Hip ABD/Adduction

Lie on your back. Keep your knee straight and toes pointing toward the ceiling. Slide your surgical leg out to the side and back to the center.

Do NOT allow your surgical leg to cross the midline.

- Repeat 10 times (1 set)
- Do two sets a day

Note: After surgery for hip replacement ask your surgeon or therapist about this exercise.



ADDITIONAL JOINT REPLACEMENT EXERCISES

Sitting Knee Flexion

Sit with a towel under your surgical leg(s).
Your feet should be flat on the floor.
Slide one foot back, bending your surgical knee.
Hold for 5 seconds, then slide your foot forward.

- Repeat 10 times (1 set)
- Do two sets a day

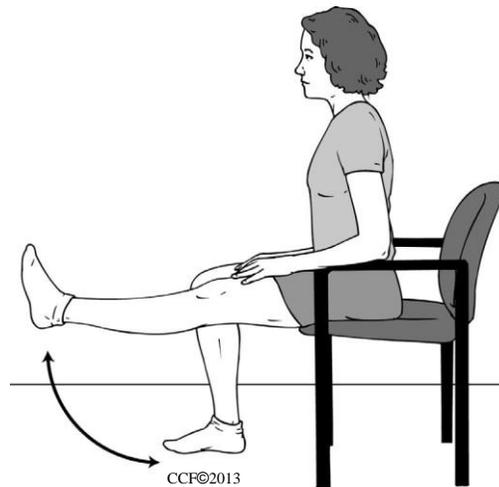


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Seated Knee Extension

Straighten your surgical leg.

- Repeat 10 times (1 set)
- Do two sets a day



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Hip Abduction, Standing

While standing, raise your leg out to the side. Keep your leg straight and keep your toes pointed forward the entire time. Use your arm if needed for balance and safety.

- Repeat 10 times (1 set)
- Do two sets a day

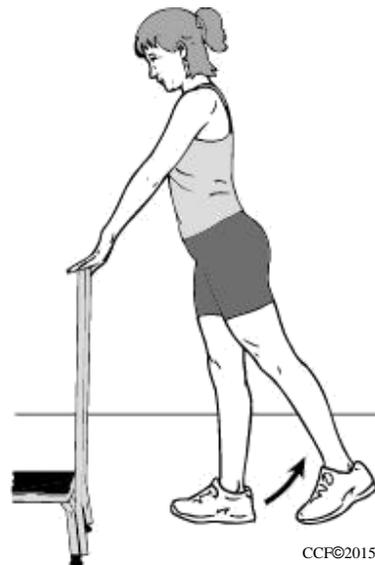


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Hip Extension, Standing

While standing, move your leg back.
Use your arms if needed for balance and safety.

- Repeat 10 times (1 set)
- Do two sets a day



Single Leg Stance

Stand on one leg and maintain your balance.

- Repeat 10 times (1 set)

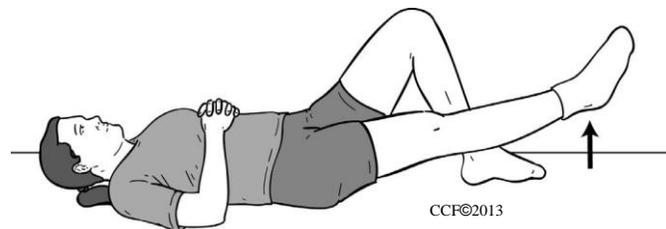


ADDITIONAL KNEE REPLACEMENT EXERCISE

Straight Leg Raise

Lie on your back with your non-surgical leg bent.
Tighten your knee on surgical leg and slowly lift
your leg to the level of the bent knee. Keep your
back flat on the surface.

- Repeat 10 times (1 set)
- Do two sets a day



Upper Body Conditioning/Strengthening Exercises

Before undergoing joint surgery, it's important to prepare for your rehabilitation. The following exercise program should be started 4 to 6 weeks before surgery. These exercises should be done daily if possible or at least five times per week.

Conditioning/Strengthening Exercises

Move shoulders forward in a circular motion for a count of 10. Then, move shoulders backward in a circular motion for a count of 10.

- Repeat 10 times (one set).
- DO two sets per day.



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Pinch shoulder blades together by pulling arms back toward each other. Remember to keep elbows straight. Hold for 5 seconds, then relax.

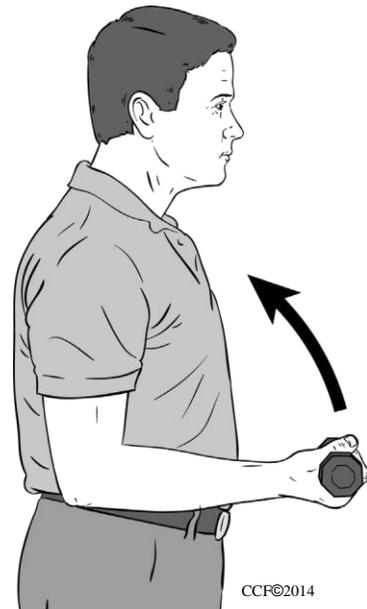
- Repeat 10 times (one set).
- DO two sets per day.



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Stand with one arm bent to 90 degrees at side. Slowly bend elbow and raise the weight toward the shoulder. Remember to keep the palm up. Repeat with the opposite arm. Movements should be slow and controlled.

- Repeat 10 times (one set).
- DO two sets per day.



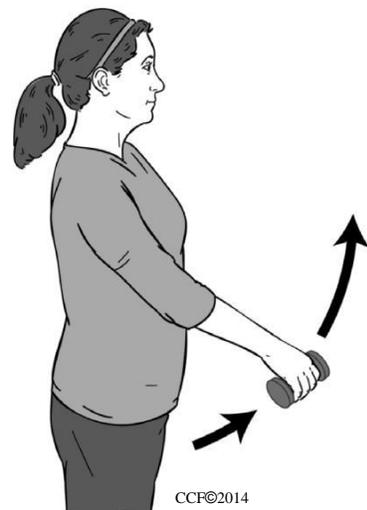
Stand or sit and bring arm up so elbow is near the ear. Support the arm that is holding the weight with the other hand by the elbow. Now slowly straighten the arm then bend it. Repeat using the opposite arm.

- Repeat 10 times (one set).
- DO two sets per day.



Keep elbow straight and raise arm above head. Very slowly return arm to side. This exercise may be performed sitting or standing. Repeat with opposite arm.

- Repeat 10 times (one set).
- DO two sets per day.



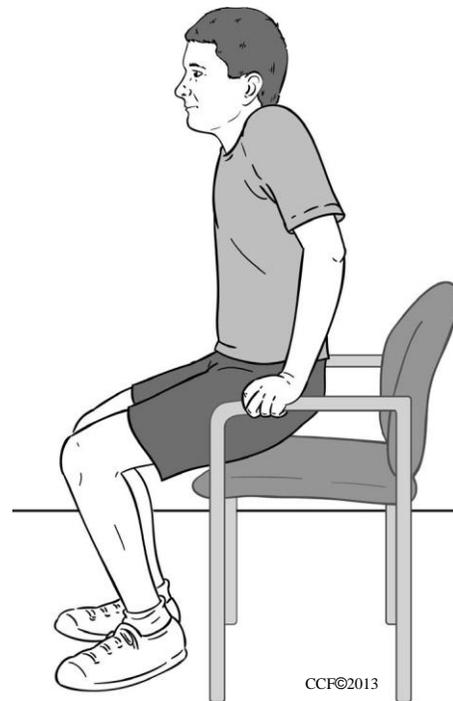
Sitting with back against chair, scoot to the edge of the chair, then scoot back. Remember to use both arms during this activity.

- Repeat 10 times (one set).
- DO two sets per day.



Sitting on the edge of the chair, place hands on arms of the chair and push body up out of chair. Lower body slowly back into the chair. Remember to use both arms during this activity.

- Repeat 10 times (one set).
- DO two sets per day.



How to Get In and Out of a Car After a Total Joint Replacement

1. The front passenger car seat should be pushed all the way back before you enter the car.
2. Have the driver park on a flat surface and/or near the driveway ramp.
3. Walk toward car using the appropriate walking device.
4. When close to the car, turn and begin backing up to the front passenger car seat. **Never step into the car!**
5. Placing a plastic bag on a fabric seat may make moving easier.
6. Reach with your right hand and hold the door frame or headrest. Place your left hand on the car seat or dashboard.
7. Slowly lower yourself to the car seat.
8. Slide yourself back onto the car seat.
9. Swing your legs into the car. Try to move one leg at a time. Keep your toes pointed upward.
10. Do NOT cross your legs!
11. Reverse these steps to get out of a car.

When taking extended car rides, make sure to take breaks every 30 to 45 minutes. Get out of car and walk/stand for a few minutes so you don't become too stiff.

Generally, driving is not recommended for 6 to 8 weeks after surgery. Please contact your doctor to find out when it is safe to resume driving.

