

Understanding Joint Replacement - Pre & Post-Operative Exercises



Ascension

Pre & post-operative exercises

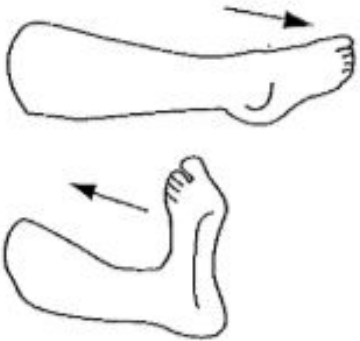
- Hip and knee exercises will help prepare you for surgery and will also help in your recovery
- Exercise program for hip and knee include:
 - 9 exercises for hip
 - 10 exercises for knee

Pre & post-operative exercises

#1 – Ankle Pumps

Purpose: To promote your circulation and maintain ankle movement

- Point feet downward
- Pull feet upward
- Repeat slowly 10 times, every 2 to 3 hours

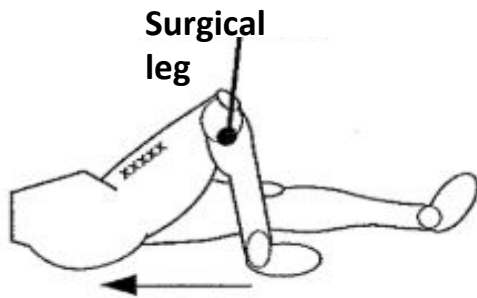


Pre & post-operative exercises

#2 – Heel Slides

Purpose: To increase movement of your knee and hip and to strengthen hamstring and hip muscles

- Lie on back
- Slowly bend surgical knee up, sliding heel toward your buttocks
- Slowly slide heel back to starting position
- Repeat 10 times, 2 to 3 times a day

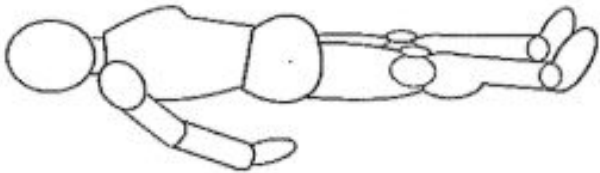


Pre & post-operative exercises

#3 – Gluteal Set (Bottom Squeezes)

Purpose: To increase your circulation and strengthen your pelvis

- Sitting or lying
- Squeeze buttocks together
- Do not hold breath
- Hold for 3 slow counts
- Repeat 10 times, every 2 to 3 hours

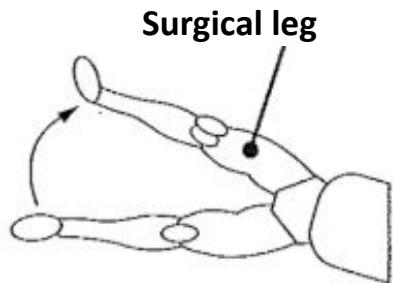


Pre & post-operative exercises

#4 – Hip Abduction & Adduction (Slide Heels)

Purpose: To strengthen your hip muscles, encourage hip movement, and increase your ease of moving in and out of bed

- Lie on back
- Slowly slide surgical leg out to the side
- Keep toes pointed up and knee straight
- Return leg to midline
- Repeat 10 times, 2 to 3 times a day

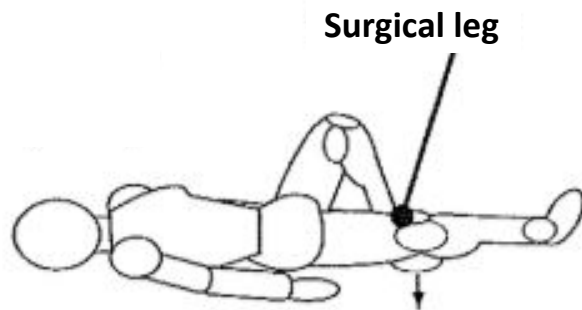


Pre & post-operative exercises

#5 – Quad Set (Knee Push Downs)

Purpose: To strengthen your quadricep muscles and straighten your knee

- Lie on back with surgical leg as straight as possible
- Press surgical knee into bed, tightening muscle on front of thigh
- Do not hold breath
- Hold for 3 slow counts
- Repeat 10 times, every 2 to 3 hours

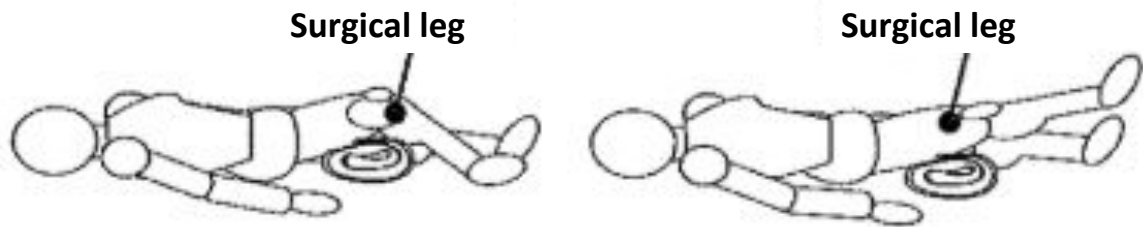


Pre & post-operative exercises

#6 – Short Arc Quads

Purpose: To help straighten your knee and strengthen your quadriceps

- Lie on back
- Place towel roll under surgical thigh
- Lift foot by straightening knee and pushing thigh against towel
- Do not raise thigh off towel
- Hold 3 slow counts
- Repeat 10 times, 2 to 3 times a day

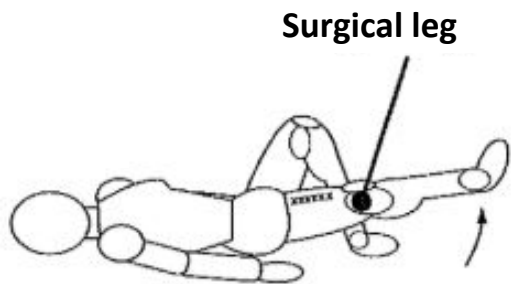


Pre & post-operative exercises

#7 – Straight Leg Raise

Purpose: To strengthen your quadricep and hip flexor muscles

- Lie on back
- Keep non-surgical knee bent with foot flat
- Lift surgical leg up 12 to 18 inches, keeping knee straight and toes pointed up
- Hold 3 slow counts
- Repeat 10 times, 2 to 3 times a day

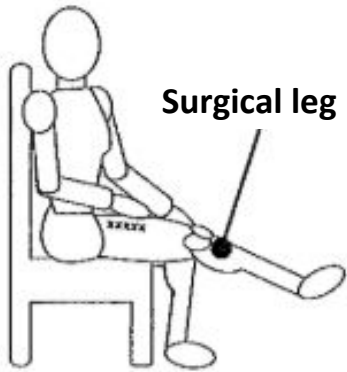


Pre & post-operative exercises

#8 – Long Arc Quad/Knee Extension

Purpose: To strengthen your quadriceps and increase knee extension

- Sit with back against chair
- Straighten surgical knee
- Hold 3 slow counts
- Repeat 10 times, 2 to 3 times a day

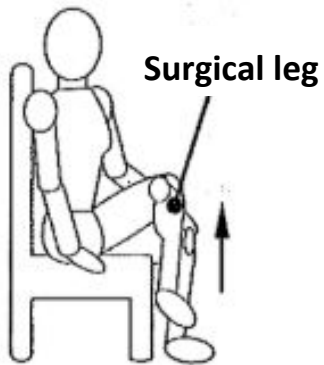


Pre & post-operative exercises

#9 – Hip Flexion

Purpose: To strengthen your leg and improve movement

- Sit with back against chair
- Lift surgical knee toward chest (marching)
- Hold 3 slow counts
- Repeat 10 times, 2 to 3 times a day



Pre & post-operative exercises

#10 – Knee Flexion/Stretch (for knees only)

Purpose: To increase bending of the knee

- Sit with back against chair
- Cross legs with surgical leg on bottom
- Slide feet underneath chair
- Keep hips on chair
- Hold 3 slow counts
- Repeat 3 to 5 times, 3 or more times a day

