

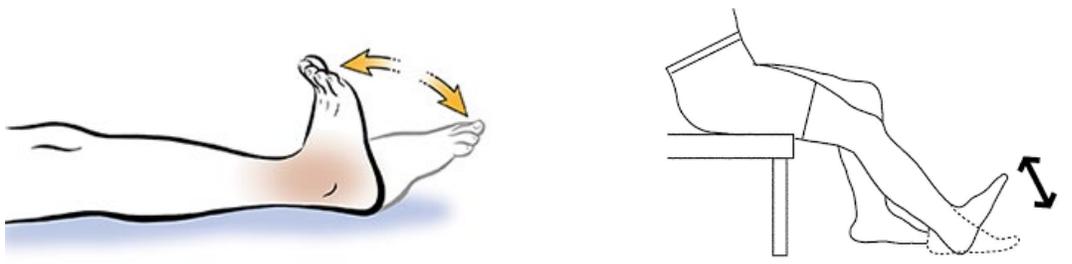
Preoperative Exercises

The following contains the basic exercises and activities that you will be performing prior to surgery. These activities are vital in helping you build strength and can improve your recovery after joint replacement surgery.

These exercises should be performed two (2) times a day, starting two to four weeks before surgery.

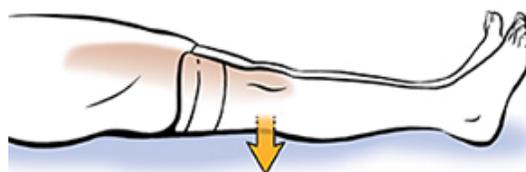
Ankle Pumps

Ankle pumps promote circulation. In bed or sitting in a chair, point your toes toward your chin and hold for 5 seconds. Then move your ankle away from your shin and hold for 5 seconds. Perform one set of 10 repetitions. Repeat with other ankle.



Quad Sets

Quad sets help strengthen the quadriceps muscle and assists in straightening your knee. Lie down with your legs straight and pointed towards the ceiling. Tighten the muscle on the top of your thigh. Keep your thigh on the bed while trying to raise your heel slightly off the bed. Hold this position for 5 seconds. Perform one set of 10 repetitions.



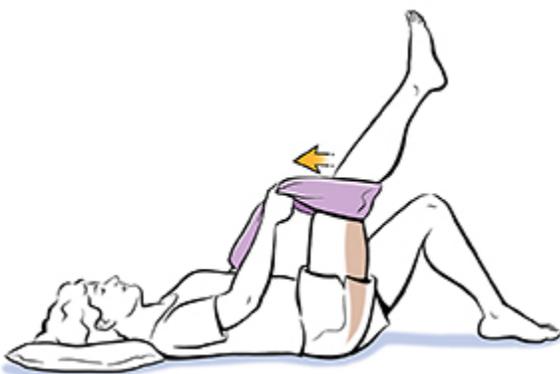
Gluteal Sets

Gluteal sets help strengthen the muscles in your buttocks. While lying down, squeeze your buttocks together tightly. Your hips will rise slightly off the bed. Hold this position for 5 seconds, then release. Perform one set of 10 repetitions.



Hamstring Stretches

Hamstring stretches help stretch your hamstring muscles to keep them strong before and after surgery. From a lying position, place a rolled towel behind your knee or calf. Gently pull the towel towards your body until you feel the muscle stretch. **OR** From a seated position, straighten one leg out in front of you with the heel on the floor. Gently move your upper body forward until you feel the muscle stretch. Hold this position for 5 seconds and release. Perform one set of 10 repetitions and repeat with the other leg.



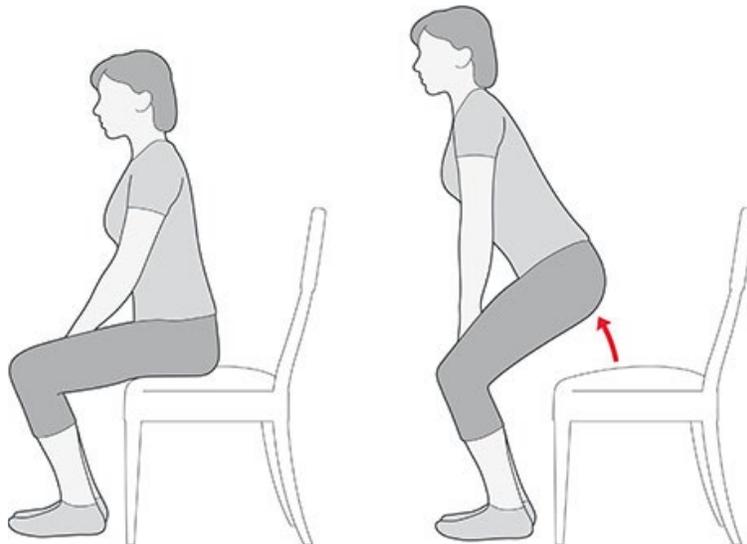
Seated Knee Extensions

Seated knee extensions increases your knee flexibility and range of motion while increasing quadriceps muscle strength. Sit in a firm chair with your knee bent to 90°. Straighten your leg at the knee while keeping your back straight. Hold this position for 5 seconds, then slowly lower and bend your knee as far as you can. Perform one set of 10 repetitions. Repeat with the other leg.



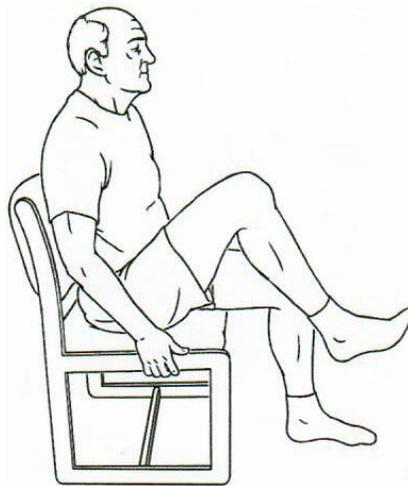
Sit to Stand (Chair Raises)

Sit to stand exercises help strengthen your quadriceps muscle. Start by sitting in a chair with armrests and rise into a standing position. You may use the arm rests to push yourself up, if needed. Slowly lower yourself back to a sitting position. Perform one set of 10 repetitions.



Seated Marches

Seated marches improves knee motion and strength. Sitting in a chair, lift your knee as much as possible; then lower it. Alternate legs with each repetition. Perform one set of 10 repetitions.



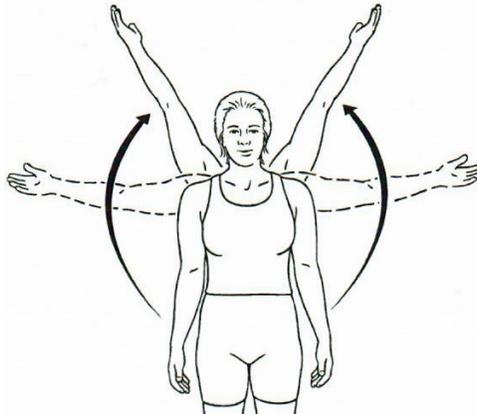
Biceps Curls

Biceps curls will help strengthen your arm muscles to assist you in positioning and moving after surgery. Place your arm straight at your side, with your palm forward. Slowly bend at the elbow and return. Alternate with your other arm. Perform one set of 10 repetitions. You may use light weights, if you wish.



Shoulder Raises

Shoulder raises will help strengthen your shoulders and arms to assist you in positioning and moving after surgery. Place your arms at your sides. Bring both arms straight out from your sides and raise as high as possible without pain. Perform one set of 10 repetitions. You may use light weights, if you wish.



Hip Abduction

Hip abduction exercises help strengthen your hip muscles. These exercises can be performed standing or lying on the floor or bed.

Stand while holding on to a chair or counter. Keeping your trunk upright, knee straight and toes pointed forward, move your leg out to the side and slightly back. Lower leg slowly to the starting position. Perform one set of 10 repetitions. Repeat with other leg.

OR

Lie down with feet slightly apart, keep your knee and foot pointed toward the ceiling. Slowly slide your leg out to the side. Slide your leg back to the starting position. Perform one set of 10 repetitions. Repeat with other leg.

