

Before hip or knee surgery exercise program

You may have discovered you have been less active because of joint discomfort. When muscles are not used, they become weak and do not perform well in supporting and moving your body. Having your hip/knee surgery will correct the joint problem, but you will need a regular exercise program to strengthen and stretch your muscles to support your new joint.

Beginning an exercise program **before** surgery can greatly help your recovery.

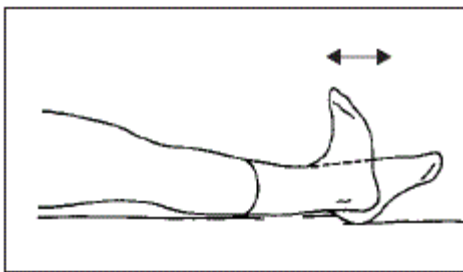
The following section lists exercises for you to work on before your surgery. Because everyone responds to exercise differently, you need to be the judge of how much exercise you can do each day. If an exercise causes an increase in discomfort, ease back or stop doing that exercise.

Try to exercise one to two times a day, every day, before surgery. Work up to 10 to 20 repetitions of each exercise. It may be helpful to do these exercises on both legs.

If you would like to speak with a local physiotherapist, please contact your family doctor.

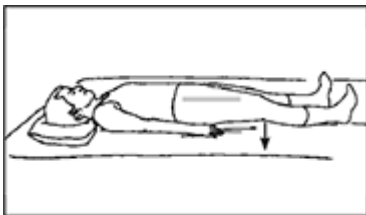
Exercises

1. Ankle pumps



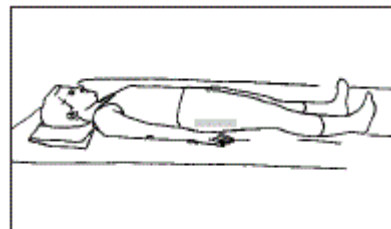
Pump your feet up and down by pulling your feet up toward you, then pushing your feet down.

2. Thigh squeezes (quadriceps sets)



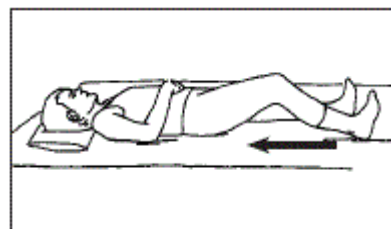
Tighten the muscles on the top of your thigh by pushing the back of your knee down into the bed. **Hold for 5 seconds and relax.**

3. Buttocks squeezes (gluteal sets)



Tighten your belly muscles and your buttocks muscles by squeezing the muscles together. **Hold for 5 seconds and relax.**

4. Heel slides (hip and knee flexion)



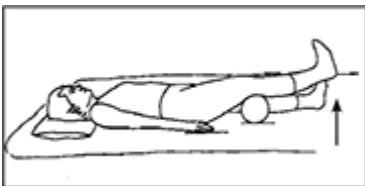
Tighten your belly muscles and then bend your surgical hip and knee by sliding your heel up toward your buttocks, keeping your heel on the bed. Slide back down and relax. Keep your kneecap pointed up to the ceiling. You may use a plastic bag under your heel to help it slide easier.

5. Leg slides (abduction/adduction)



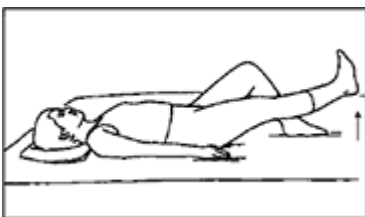
Tighten your belly muscles, slide your surgical leg out to the side, keeping your kneecap pointed up toward the ceiling. Slide your leg back to the starting position. You may want to use a plastic bag under your heel to help it slide easier. You can also do this standing up taking leg out to the side.

6. Lying kicks (short arc quadriceps)



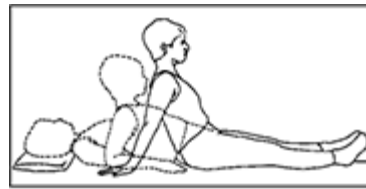
Lie on your back with a rolled-up blanket or towel (at least 6 inches in diameter) under the knee of your surgical leg. Tighten your belly muscles, then straighten your leg. **Hold for 5 seconds.** Slowly lower your leg down and relax. The back of your knee should stay in contact with the blanket or towel.

7. Straight leg raises



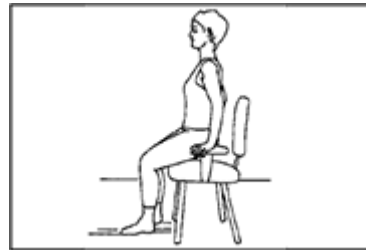
Bend your other leg with your foot flat on the bed. Tighten your belly muscles, raise your surgical leg up (about 8 inches), keeping your knee straight. **Work up to holding for 5 seconds.** Slowly lower your leg down and relax.

8. Bed mobility exercise



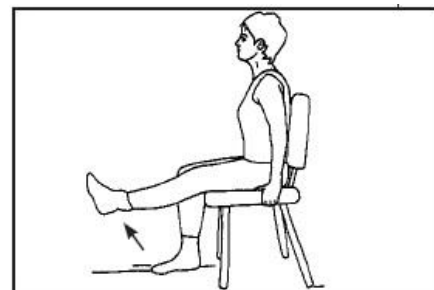
Lie flat on your back. Come up on both elbows. Straighten your arms out behind you and come to a sitting position. Lower yourself down onto your elbows again, then down to lying flat.

9. Chair pushups



Sit on a sturdy chair with arms. Hold the arms of the chair. Tighten your belly muscles to support your core. Push down on the chair arms, straightening your elbows so you raise your buttocks a few inches off the seat of the chair. **Work up to holding for 5 seconds.** Lower yourself slowly back into the chair.

10. Sitting kicks (long arc quads)



Sit on a sturdy chair. Straighten your knee. **Hold for 5 seconds.** Slowly lower your leg.