

# Exercises: Pre-surgery and Early Stage of Rehab for Hip and Knee

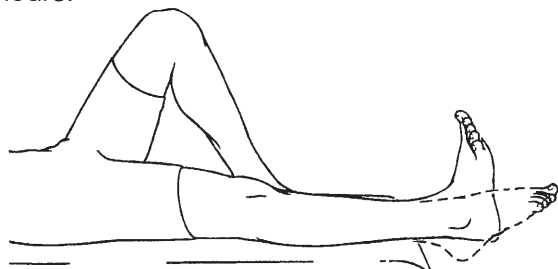
**Pre-Operative Exercises:** Prior to surgery, initiate exercises as tolerated to prepare for surgery. Practicing exercises prior to surgery will prepare you mentally and physically for the exercises to be done post-surgery.

**Early Stage of Rehab:** The goal is to reduce pain and swelling. Gentle contraction of muscles will increase circulation to remove waste products and bring in healthy nutrients to repair tissue. Decreased pain and swelling will improve muscle control and increase mobility.

## 1 ANKLE PUMPS

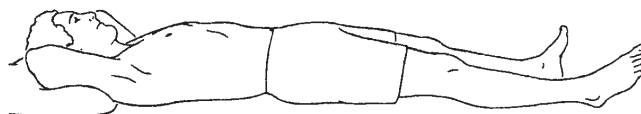
Gently flex and extend ankle through full range of motion.

Perform 10 repetitions per hour during waking hours.



## 2 GLUTEAL SQUEEZE

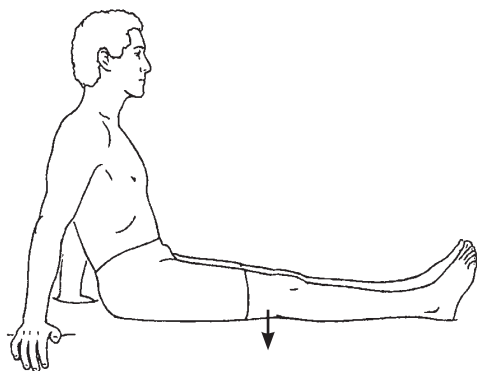
Tighten buttock muscles gently and hold 5 seconds. Perform 3 sets of 10 repetitions per day (i.e., 10 repetitions after breakfast, lunch and dinner).



## 3 QUAD SET

Gently tighten muscles on top of thigh by pushing knee down into surface. Hold 5 seconds.

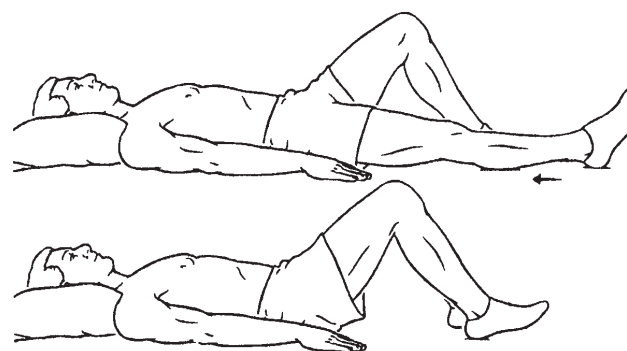
Perform 3 sets of 10 repetitions per day (i.e., 10 repetitions after breakfast, lunch and dinner).



## 4 HEEL SLIDE

Gently slide heel toward buttocks without causing increased pain. Return to starting position and repeat.

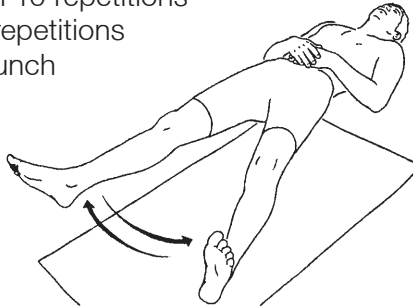
Perform 3 sets of 10 repetitions per day (i.e., 10 repetitions after breakfast, lunch and dinner).



## 5 HIP ABDUCTION AND ADDUCTION

With knee straight, gently bring surgical leg out to side and return to starting midline position.

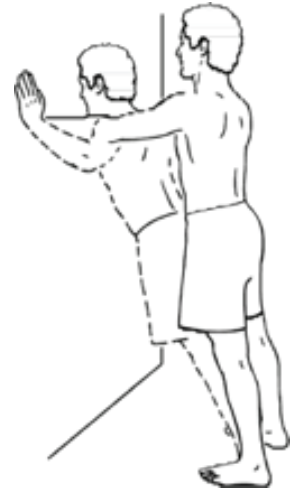
Perform 3 sets of 10 repetitions per day (i.e., 10 repetitions after breakfast, lunch and dinner).



## 6 WALL PUSH-UP

Gently lean on wall with arms slightly wider apart than shoulder width. Position feet comfortable distance from wall. Gently lean into wall. Then push-up away from wall.

Perform 10 repetitions 3 sets per day (i.e., 10 repetitions after breakfast, lunch and dinner) for 2-3 sets per week.



## 7 SHOULDER BLADE PINCH

Pull arms back, pinching shoulder blades together. Hold 5 seconds.

Relax.

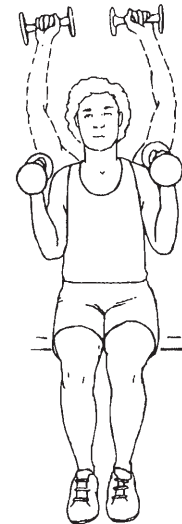
Perform 10 repetitions 3 sets per day (i.e., 10 repetitions after breakfast, lunch and dinner).



## 8 SHOULDER PRESS

Reach arms overhead straightening elbows (perform holding comfortable weight without causing pain). Return to starting position and repeat. You may substitute bottle of water or soup cans for weights.

Perform 10 repetitions 3 sets per day (i.e., 10 repetitions after breakfast, lunch and dinner) for 2-3 sets per week.



## 9 ARM CHAIR PUSH-UP

Put hands on arms of chair and push body up out of chair. Return to starting position.

Perform 10 repetitions 3 sets per day (i.e., 10 repetitions after breakfast, lunch and dinner) for 2-3 times per week.

