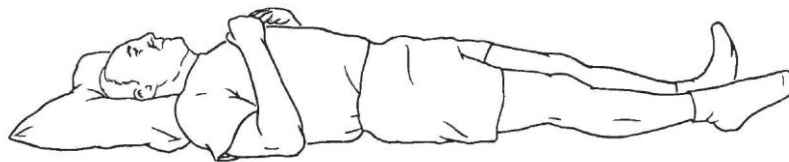


Home Exercises Before Total Joint Replacement Surgery

Leg exercises promote blood flow and improve muscle strength and flexibility. The following leg exercises will help prepare you for your surgery and speed your recovery afterwards. Your therapist will explain what exercises you will do after your surgery.

Try to do each exercise 15 times, 2 to 3 times each day. If you have pain while doing any of these exercises, stop and rest. If pain persists or you have concerns about doing them, please contact your doctor.

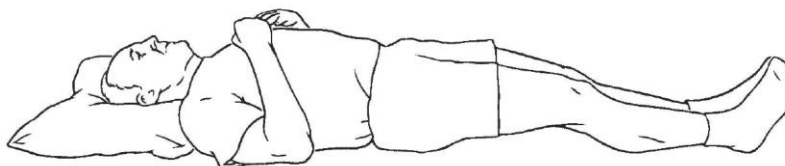
1. ANKLE PUMP



Bend ankles to move feet up and down as far as possible, alternating feet.

Repeat 15 times.

2. GLUTEAL SETS

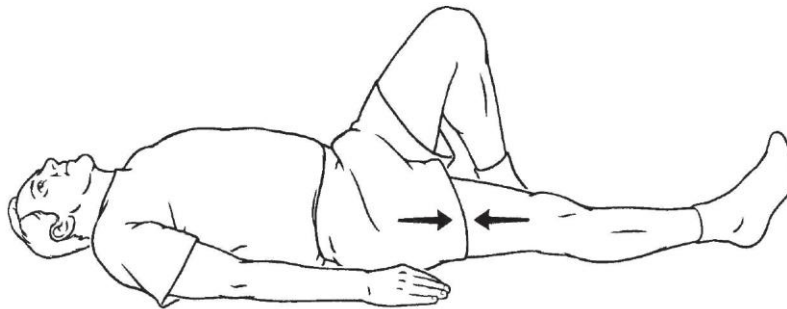


Squeeze buttocks muscles as tightly as possible while counting out loud to 5. Release.

Repeat 15 times.

Home Exercises Before Total Joint Replacement Surgery

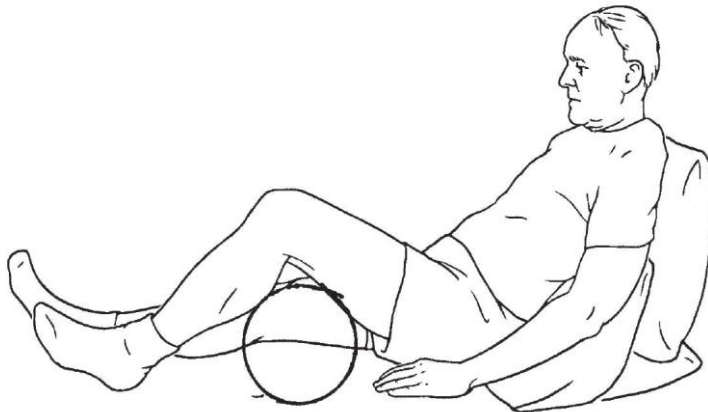
3. QUAD SETS



Bend your non-operative leg. Push the back of your operative knee into the bed, tightening the top thigh muscle. Hold for 5 seconds.

Repeat 15 times.

4. HAMSTRING SETS

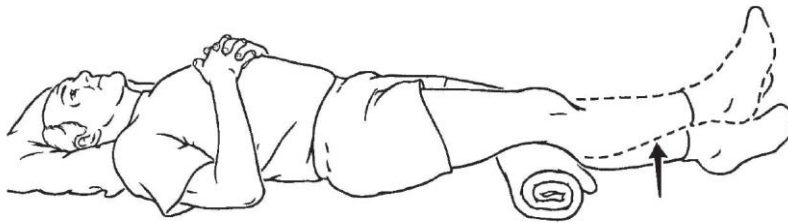


Lie or sit with a pillow roll under your operative leg. Dig your heel into the bed, tightening the muscles on the back of your thigh. Hold for 5 seconds. Release.

Repeat 15 times.

Home Exercises Before Total Joint Replacement Surgery

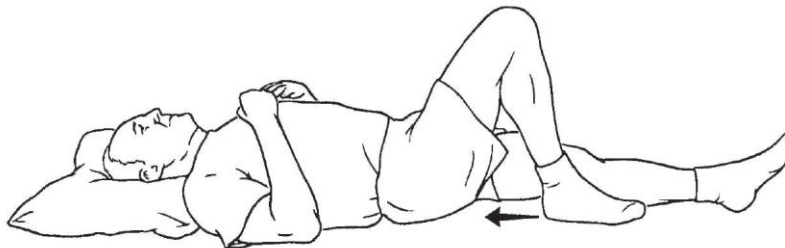
5. SHORT ARC QUADS



Lie on your back with a pillow roll under your operative leg. Tighten the muscle on the top of your leg, strightening you knee. Hold for 5 seconds. Lower slowly.

Repeat 15 times.

6. HEEL SLIDES

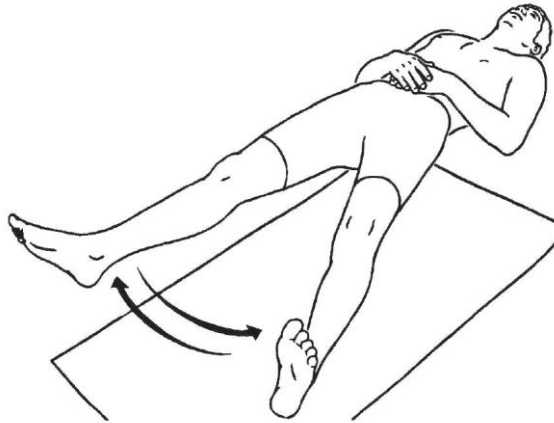


Lie on your back. Slide the heel of your operative leg towards buttocks, then slide back to the starting position.

Repeat 15 times.

Home Exercises Before Total Joint Replacement Surgery

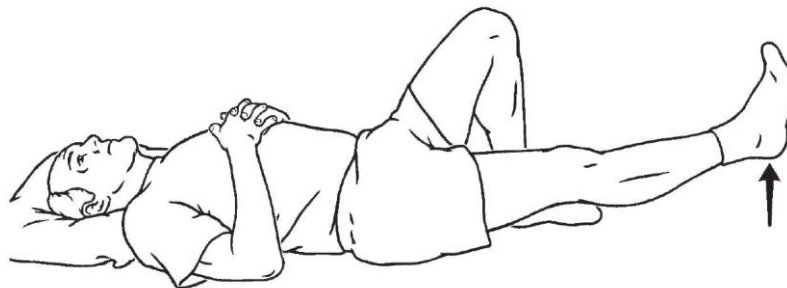
7. HIP ABDUCTION/ADDUCTION in supine



Lie on your back with your knees straight and your toes pointing upward. Slowly move your operative leg out to the side as far as possible, then return to the starting position.

Repeat 15 times.

8. STRAIGHT LEG RAISE



Lie on your back with your non-operative knee bent. Slowly raise your operative leg until your foot is about 12 inches from the bed. Slowly lower it to the bed and relax.

Repeat 15 times.