

Pre-operative Exercise Program

Exercises to Increase Strength

Twice a day, try to repeat each exercise 10 times. Do less if you have pain.

Some surgeons use different routines. Do all of the exercises unless your surgeon tells you not to.

Do not hold your breath.

EXERCISES IN YOUR BED

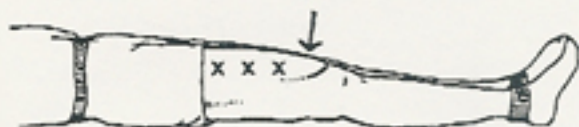
ANKLE PUMPS

Point your foot down, then pull your foot up.



QUAD SETS (thigh tightening)

Lie on your back. With hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold 5 counts, then relax.



BUTTOCK SQUEEZE

Squeeze your buttocks together.
Hold for 5 counts, then relax.



HEEL SLIDES

Lie on your back. Slide your heel up toward your buttocks, then slide it back down.
Do not lift your heel from the bed.

