

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

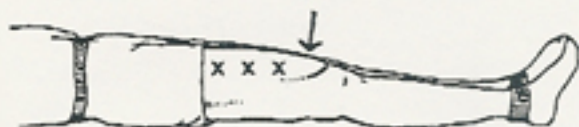
ANKLE PUMPS

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.



HIP ABDUCTION

Lie on your back. Slide the entire leg out to one side and back to the center, keeping the knee straight.

NOTE: both legs should remain flat on the bed. If you experience increased pain while doing this exercise, it may be omitted.



EXERCISES IN CHAIR

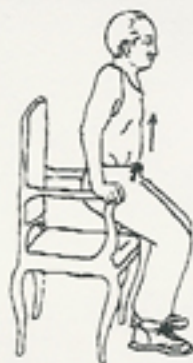
LONG ARC QUAD

Sitting in a chair, raise your foot until the knee is straight. Hold for 5 counts. Then let it down slowly.



CHAIR PUSH-UP

Use the strength from your arms to lift yourself off of the chair. Do not stand all the way up. Ease yourself back down into the chair.



The exercises you will be doing after surgery will be explained to you by your therapist before you leave the hospital.