



Palmetto
Bone & Joint, P.A.

**Total Hip and Knee
Replacement Surgery
Exercises**

These can be performed before and after surgery.

Sub-Acute / Home Health / Outpatient Process Diary - Knee

Patient Name:

Phone:

Physical Therapist/Agency Name:

Phone:

Post-Op Week	ARM		PROM			AMB		Pain Level (1-10)	Comment
	Extension	Flexion	Extension	Flexion	Distance	Device			
2									
3									
4									
5									
6									
7									
8									
9									



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Sub-Acute / Home Health / Outpatient Process Diary - Hip

Patient Name:

Phone:

Physical Therapist/Agency Name:

Phone:

Post-Op Week	Exercises	Hip Precaution Recall	AMB		Pain Level (1-10)	Comment
			Distance	Device		
2						
3						
4						
5						
6						
7						
8						
9						

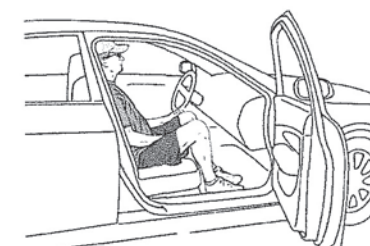


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How to Get In and Out of a Car After a Total Joint Replacement

1. The front passenger car seat should be pushed all the way back before you enter the car.
2. Have the driver park on a flat surface and/or near the driveway ramp.
3. Walk toward car using the appropriate walking device.
4. When close to the car, turn and begin backing up to the front passenger car seat. **Never step into the car!**
5. Placing a plastic bag on a fabric seat may make moving easier.
6. Reach with your right hand and hold the door frame or headrest. Place your left hand on the car seat or dashboard.
7. Slowly lower yourself to the car seat.
8. Slide yourself back onto the car seat.
9. Swing your legs into the car. Try to move one leg at a time. Keep your toes pointed upward.
10. Do NOT cross your legs!
11. Reverse these steps to get out of a car.



When taking extended car rides, make sure to take breaks every 30 to 45 minutes. Get out of car and walk/stand for a few minutes so you don't become too stiff.

Generally, driving is not recommended for 6 to 8 weeks after surgery. Please contact your doctor to find out when it is safe to resume driving.



Total Knee and Total Hip Replacement Exercises

These can be performed before and after surgery

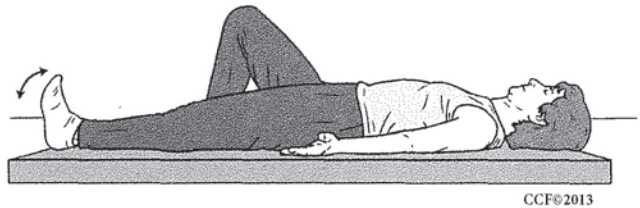
GENERAL INFORMATION

It's important to keep your body strong and flexible both before and after your joint replacement surgery. Following the exercise program presented below will help speed recovery and make doing everyday tasks easier and less painful during your rehabilitation period.

Circulation Exercise: Ankle Pumps

Lie on your back. Gently point and pull ankle of your surgical leg by pumping foot up and down.

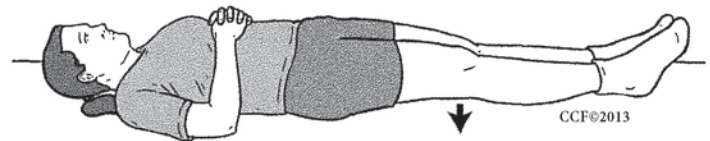
- Repeat 10 times (1 set)
- Do two sets a day



Circulation Exercise: Quadriceps Sets

Lie on your back with your legs straight. Tighten your thigh muscle by pushing your knee down into the bed. **Do NOT hold your breath.**

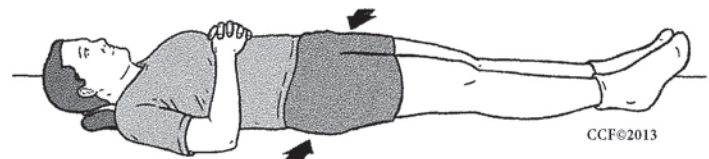
- Repeat 10 times (1 set)
- Do two sets a day



Circulation Exercise: Gluteal Sets (buttock)

Lie on your back with your legs straight. Squeeze buttock together and tighten buttocks muscles. **Do NOT hold your breath.**

- Repeat 10 times (1 set)
- Do two sets a day



Additional Joint Replacement Exercises

Sitting Knee Flexion

Sit with a towel under your surgical leg(s). Your feet should be flat on the floor.

Slide one foot back, bending your surgical knee. Hold for 5 seconds, then slide your foot forward.

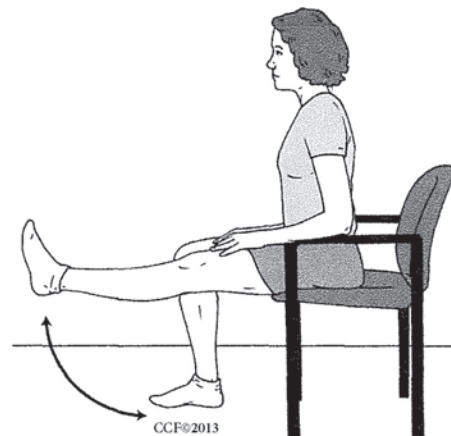
- Repeat 10 times (1 set)
- Do two sets a day



Seated Knee Extension

Straighten your surgical leg.

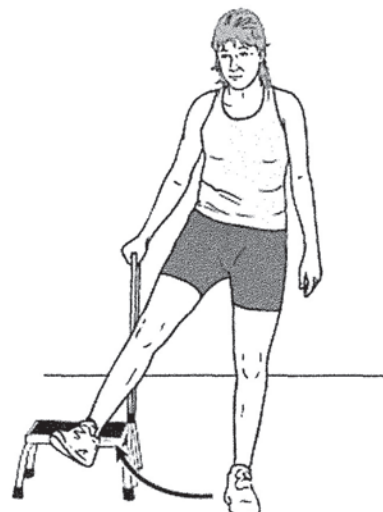
- Repeat 10 times (1 set)
- Do two sets a day



Hip Abduction, Standing

While standing, raise your leg out to the side. Keep your leg straight and keep your toes pointed forward the entire time. Use your arm if needed for balance and safety.

- Repeat 10 times (1 set)
- Do two sets a day

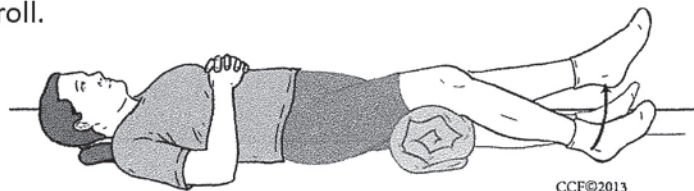


Additional Joint Replacement Exercises

Short Arc Quads

Lie on your back with a towel rolled under your knee. Slowly straighten your surgical knee by lifting your foot up while keeping your thigh on the roll.

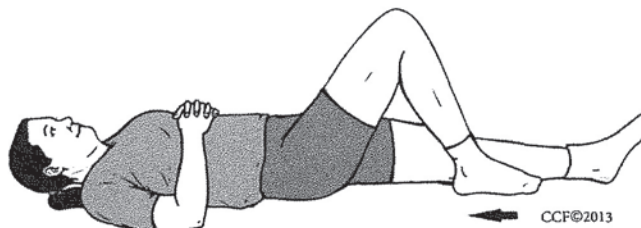
- Repeat 10 times (1 set)
- Do two sets a day



Heel Slides

Lie on your back. Bend your surgical knee by sliding your heel toward your buttocks.

- Repeat 10 times (1 set)
- Do two sets a day



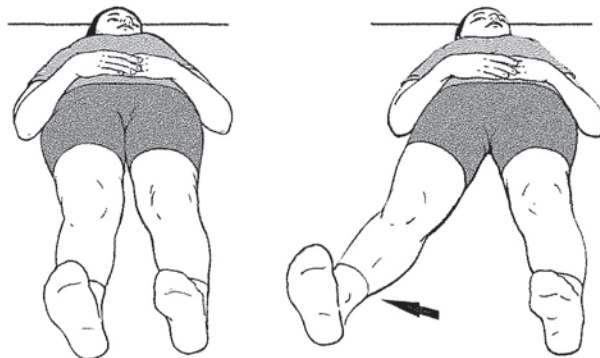
You may be instructed to pull on a bed sheet hooked around your foot to help you slide your heel.

Hip ABO/Adduction

Lie on your back. Keep your knee straight and toes pointing toward the ceiling. Slide your surgical leg out to the side and back to the center.

Do NOT allow your surgical leg to cross the midline.

- Repeat 10 times (1 set)
- Do two sets a day



Note: After surgery for hip replacement ask your surgeon or therapist about this exercise.



Additional Joint Replacement Exercises

Hip Extension, Standing

While standing, move your leg back. Use your arms if needed for balance and safety.

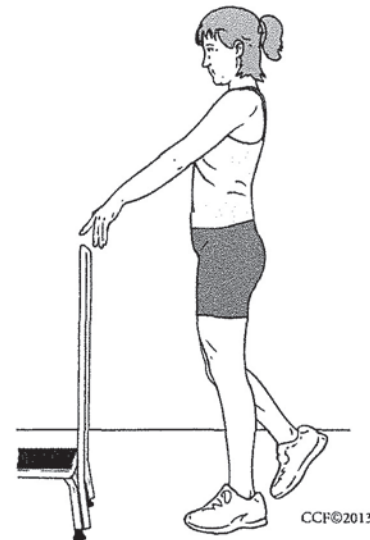
- Repeat 10 times (1 set)
- Do two sets a day



Single leg Stance

Stand on one leg and maintain your balance.

- Repeat 10 times (1 set)

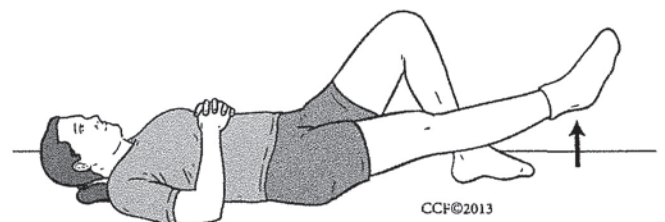


ADDITIONAL KNEE REPLACEMENT EXERCISE

Straight leg Raise

Lie on your back with your non-surgical leg bent. Tighten your knee on surgical leg and slowly lift your leg to the level of the bent knee. Keep your back flat on the surface.

- Repeat 10 times (1 set)



Lower Extremity Strengthening Exercises — Sitting

Do __ repetitions of each exercise __ times a day.

Ankle Pumps

1. Sit with feet flat on the floor.
2. Pull toes up and then return to the floor.



Heel Raises- Sitting

1. Sit with feet flat on the floor.
2. Lift heels off the floor, up and down.



Hip Flexion - Sitting

1. Sit in a chair with feet flat on the floor.
2. Lift your leg off the floor.
3. Slowly lower to start position.



Knee extension - Sitting

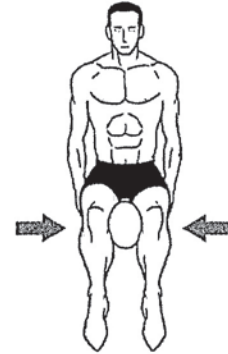
1. Sit with feet flat on the floor.
2. Straighten one knee.
3. Hold for approximately_ seconds.
4. Return to start position.



Lower Extremity Strengthening Exercises — Sitting

Hip Adduction- Isometric

1. Sit with feet together and flat on the floor.
2. Place a firm pillow between your knees.
3. Squeeze the pillow and hold for 5 seconds. Relax.



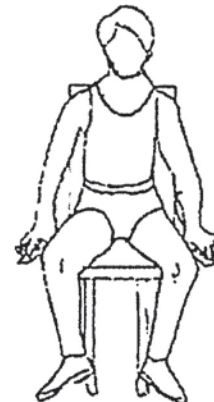
Knee Flexion- Sitting with resistance band

1. Sit with feet flat on the floor.
2. Hook band behind heel of foot and secure other end around leg of chair or table.
3. Bend knee, pulling band taut. Hold for approximately__ seconds.
4. Straighten knee slowly.



Hip Abduction

1. Sit with feet flat on the floor.
2. Spread knees apart as far as possible. Relax.



Lower Extremity Strengthening Exercises — in Supine

The purpose of these exercises is to increase circulation to your leg, decrease swelling and increase leg strength and flexibility.

General Instructions

1. You should do all your exercises at least twice a day. However, three times a day would be better. Ideal number of repetitions is 8 to 10.
2. Do exercises on both legs.
3. If you experience pain or pressure while exercising, perform one more repetition and then rest. Then, each time you exercise, increase by one repetition.
4. Do not hold your breath while exercising. Breathe normally.

Ankle Pumps

Position: Lying on your back or sitting

Action: Pull foot up and then point foot down as far as possible, keeping legs straight.



Quadriceps Sets

Position: Lying on your back with legs straight.

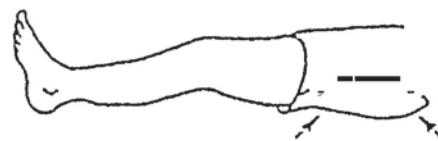
Action: Tighten your thigh muscle by flattening your knee against the surface. Hold for a count of five. Relax. Repeat.



Gluteal Sets

Position: Lying on your back with legs straight.

Action: Squeeze buttocks together. Hold for a count of five. Relax. Repeat.



Lower Extremity Strengthening Exercises — in Supine

Heel Slides

Position: Lying on your back with legs straight.

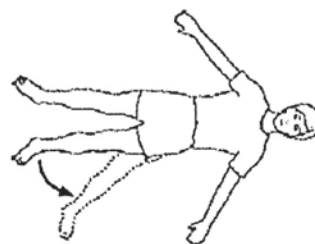
Action: Slowly bend knee, sliding heel up toward buttock. Do not lift heel from the surface. Slowly return to the starting position.



Leg Abduction

Position: Lying on your back with both legs straight.

Action: Keep knee straight and toes pointed to the ceiling. Slide leg out as far as possible. Return to starting position. Relax. Repeat.



Terminal Knee Extension

Position: Lying on back with towel roll under knee(s).

Action: Slowly lift foot up by straightening the knee as far as possible. Return to start position. Relax. Repeat.



Knee Extension- Sitting

Position: Sitting in a chair with a straight back; thighs should be in line with hips, back against chair and feet flat on floor.

Action: Slowly lift foot as you straighten knee. Lower to start position. Relax. Repeat.

