

PATIENT EDUCATION

At-Home Exercise Program

For Lower Extremity (Hip/Knee) Joint Replacement Patients



Together, you and your surgeon have determined a joint replacement surgery is the next best option to increase your quality of life. A vital step in ensuring your recovery is quick and comfortable is to incorporate an at-home exercise program. The program outlined below is specifically aimed at addressing the areas that will make the most impact on your recovery.

The following exercises should be performed before and after surgery.

These activities are especially important in the initial weeks following your joint replacement surgery, but should be incorporated into daily routines to maintain your strength and range of motion long-term. These exercises will complement the exercises during outpatient physical therapy, as well.

If any of the exercises cause you increased pain, stop doing that exercise at home and let your therapist know. When it comes to exercise, consistency is the key to your success!

Ankle Pumps



Bend your foot up and down at your ankle joint as shown.

Repeat: 10 times

Hold: 1 second

Complete: 2 sets

Perform: 5 times a day

Gluteal Sets



Lie on your back and tighten your buttocks. Hold this contraction, release then repeat.

Repeat: 10 times

Hold: 6 seconds

Complete: 2-3 sets

Perform: 5 times a day

Straight Leg Raise



While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat: 10 times

Hold: 1 second

Complete: 2-3 sets

Perform: 1 time a day

Quad Set with Towel Under Heel



While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Repeat: 10 times

Hold: 6 seconds

Complete: 2-3 sets

Perform: 1 time a day

Hip Abduction – Sidelying



While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in line with your body. The bottom leg can be bent to stabilize your body.

Repeat: 10 times

Hold: 1 second

Complete: 2-3 sets

Perform: 1 time a day

Short Art Quad – Knee Extension



Place a ball, two-liter bottle, or large rolled towel under your knees and slowly straighten your knee as you lift your foot. Lower back down and repeat.

**Must be pain-free*

Repeat: 10 times

Hold: 1 second

Complete: 2-3 sets

Perform: 1 time a day

Heel Slides – Supine



While sitting up or lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Hold a gentle stretch in this position and then return to original position.

Repeat: 10 times

Hold: 10 seconds

Complete: 2 sets

Perform: 3 times a day

Supine Heel Slides



While sitting up or lying on your back, place a belt, towel, strap, or bed sheet around your foot and start by pulling with your arms to bend your knee into a bent position. Then allow your knee to straighten back out to starting position and repeat.

**Do not push through sharp pain.*

Repeat: 10 times

Hold: 10 seconds

Complete: 2 sets

Perform: 3 times a day

Heel Slides



While seated, slide your heel towards your buttock with the assist of the unaffected leg.

Repeat: 10 times

Hold: 10 seconds

Complete: 2 sets

Perform: 3 times a day

Wall Squats



Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position. Knees should bend in line with the second toe and not pass the front of the foot.

Repeat: 10 times

Hold: 1 second

Complete: 2-3 sets

Perform: 1 time a day

Double Leg Heel Raises with Support – Calf Raises



While standing next to a wall for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Repeat: 10 times

Hold: 1 second

Complete: 2-3 sets

Perform: 1 time a day

Balance – Single Leg



While standing next to a wall, stand on one leg. Hold your balance in this position. Use the wall for support as needed.

If you lose balance, you can use one or more strategies to help: touch your toes down, take a step, raise your arms out to the sides, or briefly touch the wall for support.

Complete: 5 sets

Hold: 30 seconds

Perform: 1 time a day

Bicycle Range of Motion



STEP 1: Position yourself in the seat of an exercise bicycle. Adjust the seat to allow approximately 5-10 degrees of bend in the knee with the foot on the pedals.

STEP 2: Slowly begin to pedal forward until moderate discomfort is felt and hold 1-2 seconds. Reverse direction and pedal backwards slowly, until moderate discomfort is felt, and hold for 1-2 seconds. Continue reversing directions going back and forth. Once you can perform full revolutions, pedal the bike normally.

Duration: 5 minutes

 **Memorial** ORTHOPEDICS & SPORTS MEDICINE

☎ 937 578 4200

🌐 memorialohio.com

📍 **Memorial City Gate Medical Center**
120 Coleman's Crossing Blvd., Marysville