

PRE-OPERATIVE HIP AND KNEE EXERCISES

Do these exercises daily before your surgery to build your strength for a faster recovery.

LAYING EXERCISES



Lying on your back, slide heel toward buttocks to bend hip and knee.

Repeat 10-20 times.



Lying on your back with roll under operative knee and other leg bent, tighten thigh muscle to straighten knee and raise foot off the bed (keep back of knee pressed against the roll). Hold for 5 seconds and relax.

Repeat 20 times.

Increase difficulty by putting a weight around your ankle.



Lying on your back with operative leg straight and other leg bent.

Lift operative leg up 10 inches keeping knee straight. Hold for 5 seconds and slowly relax.

Repeat 10-20 times.



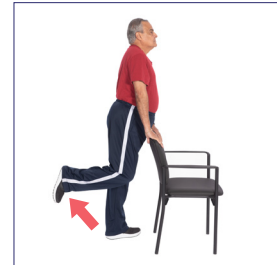
Lying on your side, lift the operative leg straight up 10 inches with toes pointing forward.

Repeat 10-20 times.

STANDING EXERCISES



Stand holding a chair.

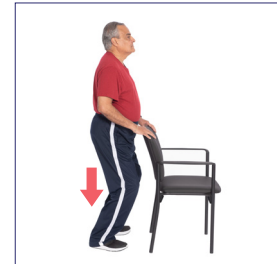


Keep your knees together and lift one foot until lower leg is parallel with the floor. Hold 5 seconds.

Repeat 20 times.



Stand holding a chair.



Slowly bend your hips and knees as if you will sit in a chair. Keep your knees over your toes. Do not let your knees turn in or out during movement.

Repeat 10-20 times.



Stand holding a chair.



Push up onto your toes and slowly lower back down.

Repeat 20 times.