



TOTAL HIP AND KNEE

General Exercise Recommendations

- Perform exercises starting with short sessions rather than performing them all at once.
- Your goal is to feel **“safe but sore”** during and after exercise and activity.
- Start with one set of 10 repetitions and gradually increase as your tolerance improves.
- Walk a little every hour, using your walker, or crutches.
- Elevate the leg as much as possible.
- Ice 5-6 times a day for 20-30 minutes at a time, with an hour or so between sessions.
- Gently tighten the muscles in your leg or move your leg to help pump the swelling and blood out of the leg throughout the day.
- Recovery is about balancing exercise, activity, and rest.

Exercises

Instructions:

The exercises shown here can be started immediately and increased as tolerated. A goal is to work towards performing each exercise 10 times 2-3 times per day.

ANKLE PUMPS

Sit or lie down with the foot elevated. Move foot up and down as shown pumping ankle.



HEEL SLIDES

Lie on back with legs straight. Slide heel up toward buttocks. Return to starting position.





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Exercises

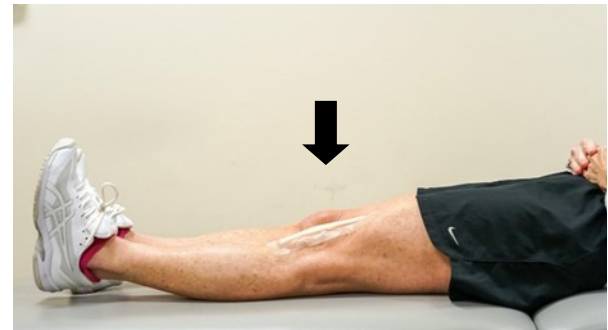
GLUTEAL SETS

Lie on back with legs straight. Squeeze buttocks together. Do not hold your breath. Hold for 5 seconds.



QUAD SETS

Sit or lie with leg straight. Tighten or squeeze the muscle on the front of your leg trying to push the back of the knee downward. Hold for 5 seconds.



KNEE EXTENSION (Short Arc Quad)

Lie on back with involved knee supported with a rolled up pillow. Straighten your knee without lifting your thigh off pillow. Return to starting position slowly.



KNEE EXTENSION (Long Arc Quad)

Sit with leg bent as shown. Straighten leg slowly as far as is comfortable. Slowly return the leg to the starting position.



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Exercise and Education Videos

Videos showing the exercises pictured here are also available online at Concord Orthopaedics and Concord Hospital Websites.

Exercise and Use of Assistive Devices

Scan the QR code, click the link or visit ConcordHospital.org and search for Total Joint Replacement Exercise Videos.



SCAN ME

Total Joint Replacement Education

Visit ConcordOrtho.com and search for Total Joint Surgery for education videos related to going home, comfort, activity and rest, incision care, diet and hydration.



SCAN ME

Total Knee ONLY Exercises

Instructions:

The following two exercises are only to be performed by patients who have had a total knee replacement, in addition to the other exercises above.

KNEE STRAIGHTENING

Lie face up, with a pillow or towel roll under the ankle so the calf does not touch the bed. Relax the leg and allow to straighten. Try to hold the position for 3-5 minutes to start.



SEATED KNEE BENDING

Sit in a chair. Bend the involved knee as far as you can comfortably. Hold stretch 20 seconds. Relax and repeat.

