

Preparing for your Total Joint Replacement Surgery

As part of the process of a hip or knee replacement, it is recommended that you prepare physically for the surgery with a targeted exercise program. These exercises are important to the success of your total joint replacement. Studies show that exercising prior to joint replacement results in better outcomes after surgery. The goal is to start training your muscles and tissues for what will be needed after your surgery.

The exercises are grouped into four categories: *range of motion, strengthening, balance and aerobic exercise*. Over time, having an arthritic joint can result in less movement. This movement and does not improve on its own as a result of surgery, since your soft tissue is responsible for some of the restriction. Stretching the soft tissue ahead of surgery is incredibly important to how well you will recover after surgery.

Low impact aerobic exercises are also beneficial not only for your joint replacement, but for your level of fitness in general. These types of activities can include biking (including stationary), walking, swimming, etc. Although it may be more difficult to do these activities with sore joints, being able to do these things is great for all around cardiovascular health. Generally speaking, it is recommended to do 150 total minutes of cardiovascular exercise per week.

After receiving your surgery date, you will be asked to attend a pre-admit education and assessment 2-6 weeks before your surgery.

We hope that you are staying safe and healthy during this unprecedented time. We look forward to seeing you in the near future!

Pre-Operative Exercises

Total Hip Replacement

General Strengthening: (Attempt all of these)



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Lay on your back with knees bent and feet on the floor.

Lift your pelvis and lower back off the floor. Hold the position for 5 seconds. Lower down slowly returning to starting position. Be sure to push evenly through both legs. If you experience any back pain, skip this exercise

Hold 5 seconds
Repeat 10 times
Complete 3 – 4 times per week



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Lie on your side, slightly rolled forward, with your knees bent. Perform this exercise on both sides.

Tighten your buttocks. Lift your top knee as far as you can without letting your pelvis rotate back. Placing your free hand on the bed in front of your stomach can ensure that you don't roll backwards. Keep your feet together and back straight during the exercise.

**If you have hip pain during this exercise, place a pillow between your knees*

Hold 5 seconds
Repeat 10 times
Complete 3 – 4 times per week



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Sit on a chair

Tighten the front of your thigh muscle and straighten your knee slowly.

Hold 5 seconds
Repeat 10 times
Complete 3 - 4 times a week



Sitting with your arms crossed at the front edge of your seat.

Stand up and then sit down slowly on a chair. (This can be made easier by sitting on a higher surface). Be mindful to not use momentum to rock yourself forward.

Hold 5 seconds
Repeat 10 times
Complete 3 - 4 times a week



Stand straight. Hold onto counter or wall for support.

Lift one knee, hold for 5 seconds. Repeat on other side.

Hold 5 seconds
Repeat 10 times
Complete 3 - 4 times a week



Lying with legs straight.

Squeeze your buttocks and push your knees down firmly against the bed.

Hold 5 seconds
Repeat 10 times

Hip Abductor Strengthening

Choose 1 of the following 2 options: (options get progressively more difficult)



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Lift your operative leg sideways and bring it slightly back keeping your trunk straight throughout the exercise. Be sure your leg does not come forward at all

Repeat 10 times
Complete 3-4 times per week



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Lay on your non-operative side. Keep the non-operative leg on the bed bent and the upper (operative) leg straight. Be sure not to roll backwards. You should have a straight line from your shoulder, to your hip, to your ankle.

Lift the upper leg straight up with the heel leading the movement. (Don't let your toes point to the ceiling)

Repeat 10 times
Complete 3-4 times per week

Bending Range of Motion:



Lying or long sitting with legs straight.
Put a strap or belt around your foot. Bend your knee as far as possible. Gently pull the strap to bend your knee a little more.

Hold 5 seconds
Repeat 10 times
Complete 3 times per day to maintain mobility



Balance:



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Stand on one foot.
Keep your balance. Hold onto counter for support if needed

Hold 30 seconds
Repeat 3 times
Complete 3 times per day

Low Impact Aerobic Exercise:



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- Cycling/Stationary biking is great for both pre and post surgery
- Swimming / water walking / water aerobics
- Walking

Time: 10-30 minutes, as tolerated

Goal 3-5 days per week