

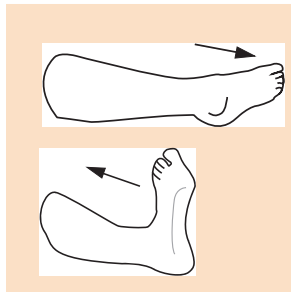








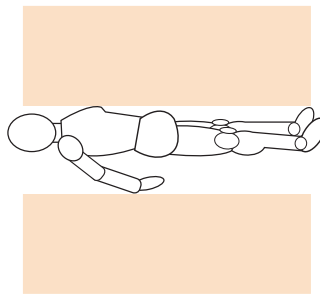
# Physical Therapy After Your Joint Replacement



## Ankle Pumps

To promote your circulation and maintain ankle movement.

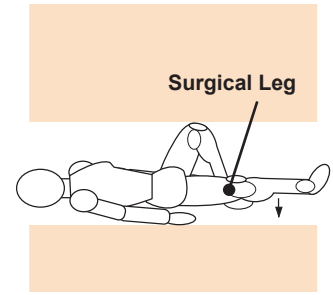
- Point foot down.
- Pull foot up.
- Repeat slowly 10 times, every 2-3 hours.



## Gluteal Set

To increase your circulation and strengthen your pelvis.

- Squeeze bottom together.
- Do not hold breath.
- Hold for 3 slow counts.
- Repeat 10 times, every 2-3 hours.



## Quad Set

To strengthen your quadricep muscle and straighten your knee.

- Lie on back with surgical leg as straight as possible.
- Press surgical knee into bed, tightening muscle on front of thigh.
- Do not hold breath.
- Hold for 3 slow counts.
- Repeat 10 times, every 2-3 hours.

## Straight Leg Raise

To strengthen your quadricep and hip flexor muscles.

- Lie on back.
- Non-surgical knee bent with foot flat.
- Lift surgical leg up 12-18 inches, keeping knee straight and toes pointed up.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

## Half-Bridging

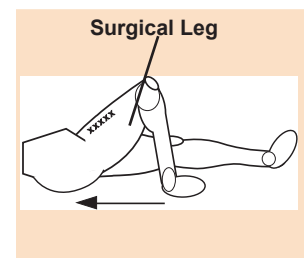
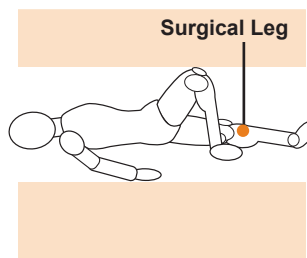
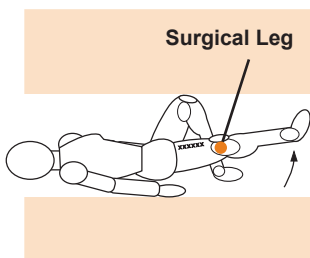
To strengthen your gluteal muscles ("walking muscles") and improve your movement in and out of bed.

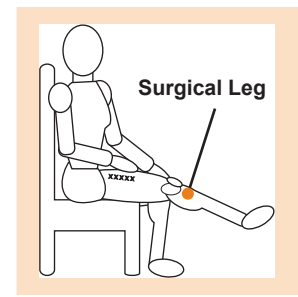
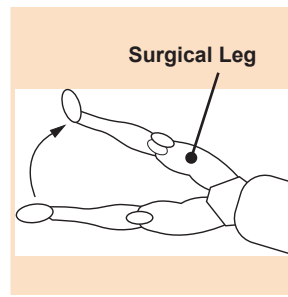
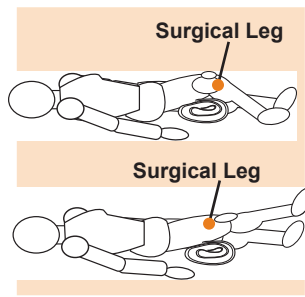
- Lie on back.
- Non-surgical knee bent with foot flat.
- Lift bottom straight up, do not rotate hips.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

## Heel Slides

To increase movement of your knee and hip, and to strengthen hamstring and hip muscles.

- Lie on back.
- Slowly bend surgical knee up, sliding heel toward bottom.
- Repeat 10 times, 2-3 times/day.





### Short Arc Quads

To help straighten your knee and strengthen your quadriceps.

- Lie on back.
- Towel roll under surgical thigh.
- Lift foot by straightening knee and pushing thigh against towel.
- Do not raise thigh off towel.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

### Hip Abduction Adduction

To strengthen your hip muscles, encourage hip movement, and increase your ease moving in and out of bed.

- Lie on back.
- Slowly slide surgical leg out to the side.
- Keep toes pointed up and knee straight.
- Return leg to midline.
- Repeat 10 times, 2-3 times/day.

### Long Arc Quad/ Knee Extension

To strengthen your quadriceps and increase knee extension.

- Sit with back against chair.
- Straighten surgical knee.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

### Hip Flexion

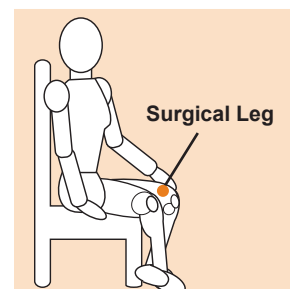
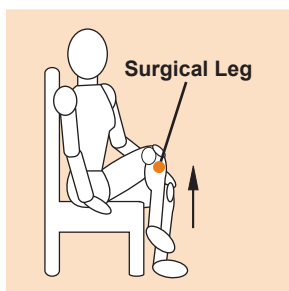
To strengthen your leg and improve movement.

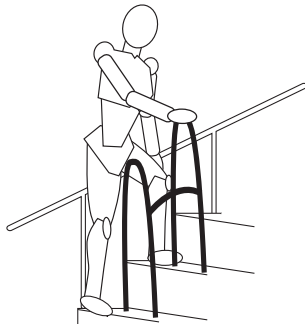
- Sit with back against chair.
- Lift surgical knee toward chest (marching).
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

### Knee Flexion/Stretch

To increase bending of your knee.

- Sit with back against chair.
- Cross legs with surgical leg on bottom.
- Slide feet underneath chair.
- Keep hips on chair.
- Hold 5 slow counts.
- Repeat 3-5 times, 3 or more times/day.



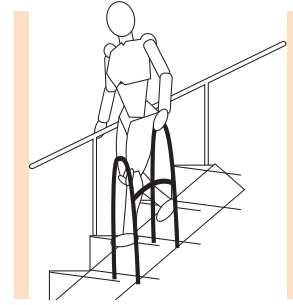
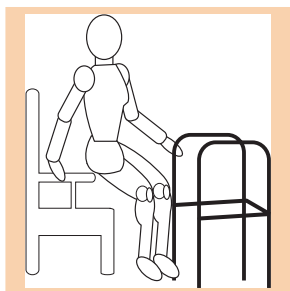


## Going Upstairs

- Grab the railing with one hand.
- Turn the walker sideways to the side without a rail, holding on to the forward most handgrip of the walker.
- Place the two forward most legs of the walker on the upper stair.
- Step up with the stronger leg first, using the walker and rail to support your weight.

## Sitting Down

- Using the walker, back up until your legs touch the chair.
- Reach back for the arms of the chair one hand at a time.
- Slowly lower onto the edge of the chair;
- Total knee patients (after the first few days) need to keep their foot underneath them, as much as possible, to achieve an adequate stretch of their knee with each time sitting.

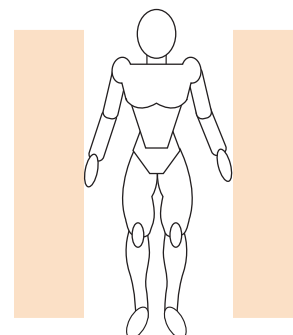


## Going Downstairs

- Turn the walker sideways.
- Grasp the stair rail with one hand and the rear walker handgrip with the other.
- Place the two forward most legs of the walker on the next lower stair.
- Step down with the weak leg to the next lower stair, followed by your strong leg.
- If possible, have someone with you when using the stairs.

## Standing up

- Using your arms, scoot to the edge of the chair.
- Always push up from the arms of the chair. **DO NOT PULL ON THE WALKER.**
- Once standing, hold onto the walker and bring your surgical leg underneath you.



Most patients who undergo joint replacement surgery return home three days after their operation. By working closely with your therapists and nurses, and by planning ahead of time, you can achieve this goal.

## Your Goals during Physical Therapy

1. Maximize the movement of your knee (range of motion).
2. Increase your strength; work toward achieving an independent straight leg raise.
3. Demonstrate understanding and performance of the exercises in this booklet.
4. Safely and independently perform all bed movements and transfers from bed, chair and toilet.
5. Safely walk with your assistive device on level surfaces at least 25 feet and on stairs if necessary.

## Going Home

- You may need someone to help you when you leave the hospital. Please arrange for this prior to surgery, if possible.
- Therapy after discharge will be arranged while you are in the hospital.
- If needed, your therapist can teach your family how to help you at home.
- Continue exercising two-three times per day.
- Your Physical Therapist will help determine your appropriate equipment needs and help you with ordering if necessary.
- Your doctor will determine when you can stop using your walker and begin driving again.

## Safe Walker Use

- Make sure all 4 walker legs are down on the floor before taking a step.
- Step into the center of the walker with your weak leg first (unless otherwise recommended by your therapist). Advance your good leg, while pressing hands on walker.
- Be sure that your toes do not pass the front of the walker. This can cause you to lose your balance backwards.
- Your Physical Therapist will tell you when it is safe to walk alone.
- Do not walk quickly. It can be fatiguing and dangerous.
- Remove all throw rugs at home.
- Watch for wet or icy surfaces that may be slippery.
- Check your walker periodically for safety and stability (for example: walker tips wearing out, wobbly walker).

