

4-Week Plan

Week 1: Perform 10 repetitions (reps) for each exercise

Week 2: Perform 2 sets of 10 reps for each exercise

Week 3: Perform 2 sets of 15 reps for each exercise

Week 4: Perform 2 sets of 20 reps for each exercise

Total Joint Replacement Pre-Surgery Exercises



At Sharp HealthCare, our experts are here to support you every step of the way to ensure your joint replacement surgery has the best possible outcome.

Strength training exercises are an important part of your surgery preparation. By performing the following exercises for 4 weeks before your surgery, you will increase your strength and stamina, which can help prevent injuries and speed up your recovery time.



A Health Care Organization Designed Not For Profit, But For People



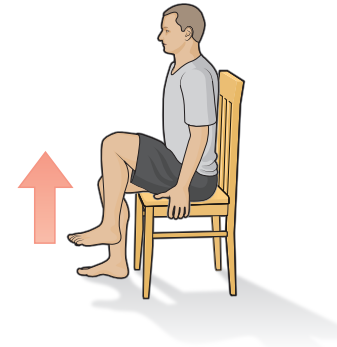
Pre-Surgery Exercises

Use a sturdy chair on a stable surface to do the following exercises. Rest for 2 minutes between sets and count out loud to avoid holding your breath. **Do not** continue exercises if pain, swelling or nighttime joint discomfort increases.

If you have any questions or concerns about this exercise program, please call your orthopedic surgeon's office.

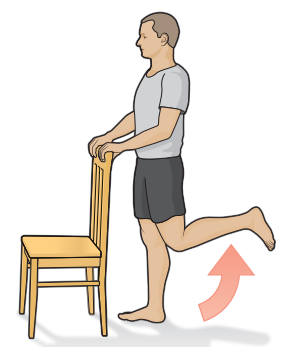
Seated Marches

Sitting in a chair, bring 1 knee up as if you are marching, lifting your foot from the floor. Repeat the stretch with your other leg.



Hamstring Curls

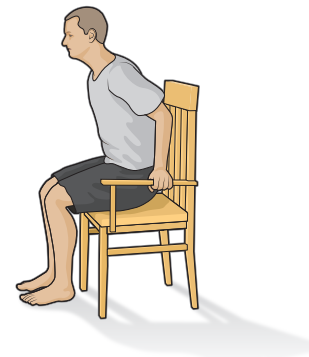
Keeping your knees together, bring the heel of 1 leg up toward your bottom. Hold for 3 seconds. Slowly lower your foot to the floor and repeat the stretch with your other leg.



Seated Exercises

Chair Push-Up

Sit in a chair, grasping the armrests. Push down to straighten your elbows while raising your bottom up a few inches off the seat. Slowly return to a seated position.



Hamstring Stretch

Sitting near the edge of a chair, extend 1 leg in front of you with your heel on the ground. Straighten your back and bring your toes toward you. Hold the stretch for 20 seconds. Repeat the stretch with your other leg.



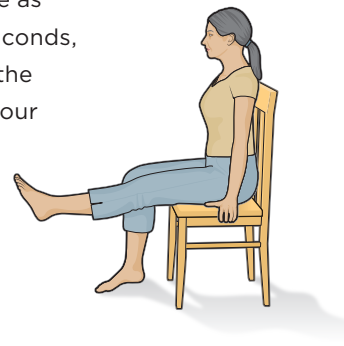
Hip Abduction

Slowly swing 1 leg out to the side, keeping your leg straight, your knee facing the chair and toes slightly out. Gently return your foot to the floor and repeat the stretch with your other leg.



Sitting Kicks

While seated in a chair, bring 1 leg forward to straighten your knee as much as possible. Hold for 5 seconds, then slowly lower your foot to the floor. Repeat the stretch with your other leg.

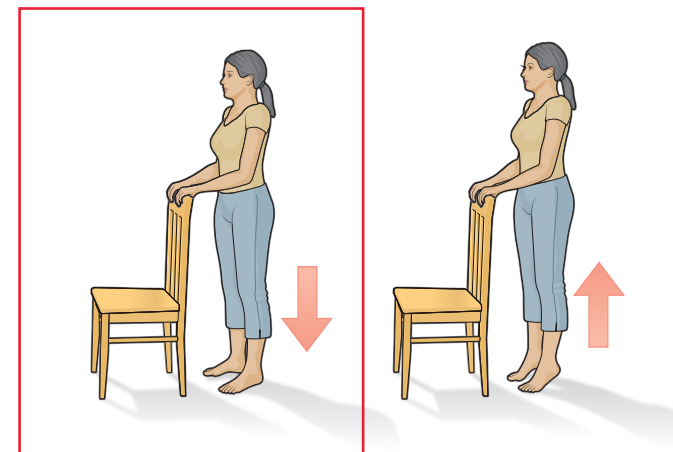


Standing Exercises

Gently hold onto the back of a chair for balance as you do these standing exercises.

Calf Raises

Stand with your feet hip-width apart and slowly lift your heels until you're on tiptoe, shifting your weight to the balls of your feet. Hold for 3 seconds. Gradually return your heels to the floor.



Quadriceps (Thigh) Stretch

Gently bend 1 knee and grasp your ankle to stretch the thigh. Hold for 20 seconds. Repeat the stretch with your other leg.

