



# 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

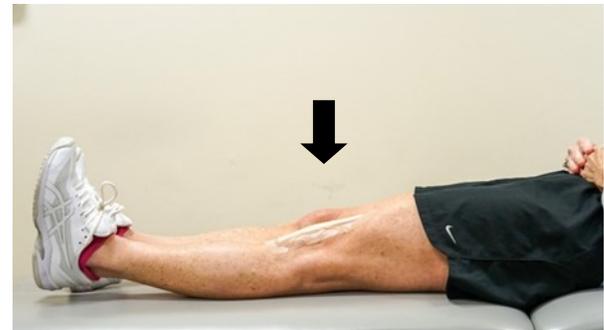
### GLUTEAL SETS

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](http://ConcordHospital.org) and search for Total Joint Replacement Exercise Videos.



SCAN ME

### Total Joint Replacement Education

Visit [ConcordOrtho.com](http://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.

