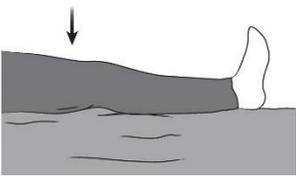


## Early Postoperative Exercises

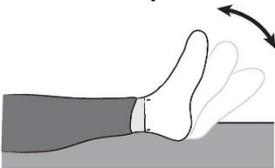
The following exercises will help increase circulation to your legs and feet, which is important for preventing blood clots. They will also help strengthen your muscles and improve knee and hip movements. Continue each until your muscles feel fatigued. They will be hard at first and that is OK. You should perform them for 15 minutes a day 3-4 times a day.

### Quadriceps Sets



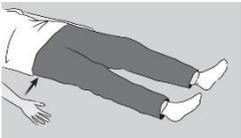
Tighten your thigh muscle. Try to straighten your knee. Hold for 5 to 10 seconds. Repeat this exercise approximately 10 times during a two-minute period, rest one minute, and then repeat. Continue until your thigh feels fatigued.

### Ankle Pumps



Move your foot up and down rhythmically by contracting your calf and shin muscles. Perform this exercise for 2 to 3 minutes, 2 or 3 times an hour in the recovery room.

### Buttock Contractions.



Tighten your buttock muscles and hold to a count of 5.

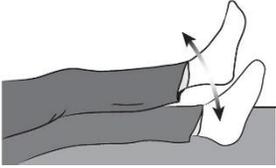
### Knee Straightening Exercises



Place a small rolled towel just above your heel so that your heel is not touching the bed. Tighten your thigh. Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for 5 to 10 seconds. Repeat until your thigh feels fatigued.

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### **Straight Leg Raises**



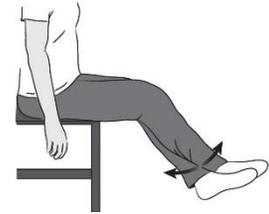
Tighten your thigh muscle with your knee fully straightened on the bed, as with the quadriceps set above. Lift your leg several inches. Hold for 5 to 10 seconds. Slowly lower. Repeat until your thigh feels fatigued.

### **Bed-Supported Knee Bends**



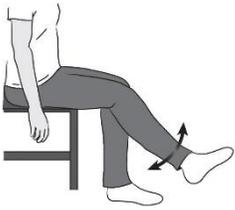
Slide your foot toward your buttocks, bending your knee and keeping your heel on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds and then straighten. Repeat several times until your leg feels fatigued or until you can completely bend your knee.

### **Sitting Supported Knee Bends**



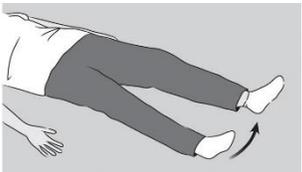
While sitting at your bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support. Slowly bend your knee as far as you can. Hold your knee in this position for 5 to 10 seconds.

Repeat several times until your leg feels fatigued or until you can completely bend your knee.



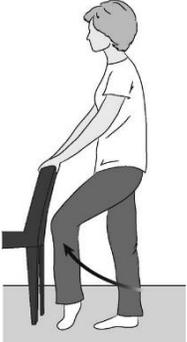
### **Sitting Unsupported Knee Bends**

While sitting at bedside or in a chair with your thigh supported, bend your knee as far as you can until your footrests on the floor. With your foot lightly resting on the floor, slide your upper body forward in the chair to increase your knee bend. Hold for 5 to 10 seconds. Straighten your knee fully.



### **Abduction Exercise**

Slide your leg out to the side as far as you can and then back.



### **Standing Knee Raises**

Lift your operated leg toward your chest. Do not lift your knee higher than your waist. Hold for 2 or 3 counts and put your leg down.



### **Standing Hip Abduction**

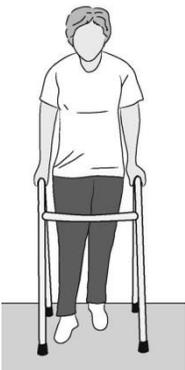
Be sure your hip, knee and foot are pointing straight forward. Keep your body straight. With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor.



### **Standing Hip Extensions**

Lift your operated leg backward slowly.

Try to keep your back straight. Hold for 2 or 3 counts. Return your foot to the floor.



## ***Walking***

Walk with a cane until you have regained your balance skills. In the beginning, walk for 5 or 10 minutes, 3 or 4 times a day. As your strength and endurance improve, you can walk for 20 to 30 minutes, 2 or 3 times a day. Once you have fully recovered, regular walks of 20 to 30 minutes, 3 or 4 times a week, will help maintain your strength

Early on, walking will help you regain movement in your hip and knees .