



Having Joint Surgery?

Start to Exercise Now!

The stronger your muscles are before surgery,
the faster you will recover.

- Most joint surgery repairs bone surfaces **not muscles**.
- Muscles waste quickly if not used.
- Muscle wasting is common before and after surgery
- Weak wasted muscles cause:
 - weak movements, upsetting your balance
 - reduced joint protection

Before your operation you may have trouble moving because of pain and stiffness. You need to know:

- there are ways to work a muscle without moving the joint involved or causing undue pain
- where you can go for help.

Here are a few simple movements you can try. When doing these exercises hold, then let go and relax.

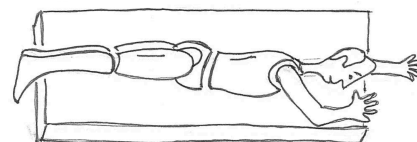
You can discuss these exercises with a physiotherapist at Therapy Professionals Ltd, phone 377 5280.

Hip and Knee

Lie on bed face down (toes over end of mattress)

1. Lie flat on tummy for 20 minutes a day to keep your hip straight.

- Squeeze buttocks 3 or more times
- Try, if you can, to lift:
 - your foot, bending your knee
 - your straight leg, an inch or so from bed to strengthen the hip



Lie on back with knees bent

2. Bend hip and knee as far as you can comfortably manage



3. Lift buttocks and squeeze



4. Part knees as far as you can

Sit - dining chair height, thighs level and feet flat on floor



5. Lift foot to straighten knee, *this muscle is your knee support*
(practice straightening knee fully while standing, sitting or lying)

6. Stand up and sit down up to 10 times in quick succession

Stand (hip and knee exercises continued)



7. Stand on one leg



8. Walk with long strides



9. Walk sideways with wide steps

10. **Walk** - small walks, long walks, fast walks, slow walks



Walk as far and as often as you can comfortably manage

Hands



11. Forearm on table,
palm down



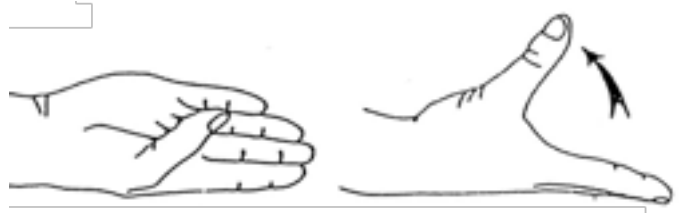
Lift hand and make
a fist



Spread fingers out wide.
Relax. Repeat.



12. Press pad of thumb against finger pads



13. Bend thumb across palm and back again

Shoulders

Lie on back

14. Clasp hands and lift arms above body and over head



Stand or Sit



15. Clasp wrists/hands behind back. Move away from body



16 'Dry' back with scarf or small towel



17. Shrug and roll shoulders - arms hanging loose.



18. Sit upright swing arms back and forth



19. Lean forward one hand on knee, swing other arm across front of body and back, bringing elbow to shoulder level.

20 Elbow circles

