

TKA/THA Prehab Exercises

General Information:

- Your healthcare team would like you to complete an exercise program before surgery.
- An exercise program can improve your circulation, breathing, and strength. It can also help you have better results after surgery.

Low-Impact Exercises:

- Low-impact exercises improve your circulation and breathing, but they are gentler on your muscles and joint.
- Examples of low-impact exercise include cycling, swimming, walking, and using rowing or elliptical machines.

If you are able, please complete the program below:

- Begin the program 4 weeks before surgery.
- Try your best to perform these exercises 5 days each week.
- Complete 5 minutes of light to moderate intensity exercise once a day. For example, you can cycle on a stationary bike or walk in a swimming pool.
- The goal is to add an additional 5 minutes of exercise each week.
- You should be able to talk while exercising. Rest as needed. Stop exercising if you experience pain, dizziness, or shortness of breath.

Strengthening Exercises:

- The following pages have instructions on how to perform each exercise.
- Begin the program 4 weeks before surgery.
- Try your best to perform these exercises 5 days each week.
- Complete at least 5 repetitions of each exercise once a day.
- The goal is to slowly increase the number of repetitions until you can complete 15 repetitions each day.
- Perform these exercises slowly and do not hold your breath.
- You should be able to talk while exercising. Rest as needed. Stop exercising if you experience pain, dizziness, or shortness of breath.

Supine Marching

- Lie on your back with your knees bent.
- Alternate slowly lifting your right foot and then your left foot.
- Tighten your stomach muscles to keep your back from arching.



Side Lying Hip Abduction

- Lie on your right side with your legs straight.
- Raise your left leg about 6-8 inches. Keep your legs and hips straight. Don't roll back onto your hip. Hold for 5 seconds, then lower your leg.
- Switch legs and repeat



Clamshell

- Lie on your side with your hips and knees slightly bent.
- While keeping your heels together, rotate your top knee up towards the ceiling.
- Let your leg do the movement, do not let your hip roll back.



Bridging

- Lie on your back with your knees bent and feet planted.
- Squeeze your buttocks muscles and slowly lift your hips off the bed to create a 'bridge' with your body.
- Hold for 3 seconds and then lower yourself back down.



Lower Leg Lift

- Lie on your back with your leg bent and supported with a pillow, as shown.
- Lift your foot to straighten your leg at the knee. Return to start position.



Heel Raises

- Hold onto a counter or other sturdy surface.
- Raise up on the balls of your feet.
- Return to start position and repeat.



Seated Press-Ups

- Sit in a sturdy chair with armrests.
- With palms flat on the armrests, press down to lift your buttocks from the chair. Hold for a few seconds.
- Bend your elbows to slowly ease back down.

