

Getting Ready for Knee Replacement

Prehab: strengthen before surgery

The stronger you are going into surgery, the faster you usually recover afterward. Start these exercises as soon as surgery is scheduled, ideally 4 to 8 weeks before. Many of them are the same exercises you'll do after surgery, so you'll already know them.

- Do the exercises 3 to 5 days a week.
- Start with 1 set. Build to 2 or 3 sets as it gets easier.
- Walk or bike most days, as comfortable.
- Practice getting up from chairs and using stairs safely. Set up your home before surgery.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM



Sit to Stand

Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher as you get stronger.



Straight Leg Raise

Bend your other knee. Tighten your thigh so your knee is locked straight, then lift your leg to the height of the other knee. Lower slowly.

Do: 10 reps x 2 sets, 2 times a day

If your knee bends as you lift, do thigh tighteners for a few more days first.



Seated Kick-Out

Sit tall. Straighten your knee all the way and tighten your thigh. Hold 3 seconds, then lower slowly.

Do: 10 reps x 2 sets, 2 times a day



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.

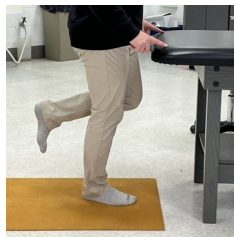


Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.



Heel Prop (Straighten Your Knee)

Rest your heel on a rolled towel or pillow with nothing under your knee. Relax your thigh and let gravity straighten your knee.

Do: 5 to 10 minutes, 3 times a day

A straight knee comes first. Don't sleep with a pillow under your knee.



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 20 minutes, most days

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.