

### Getting Up And About

Regular exercises are a vital part of rehabilitation. They strengthen your leg and get you moving. While you are in the hospital, you will do exercises in bed as well as walk, exercise in a chair and practice going up and down stairs. Much of the exercise you do in the hospital will take place in our Orthopedic Gym. The gym is located on the fifth floor, just down from your hospital room.

Once at home, you'll have this notebook as a reference for how to continue to properly do exercises on your own in addition to the work you'll do with your physical therapist. It is important to stay as active as possible once you arrive home, so make sure that during the day you change positions every hour. Walking around the house as tolerated will help strengthen your muscles, prevent stiffness in your joint & also prevent blood clots. Make sure to intermittently lie down & elevate your feet above the level of your heart to help improve swelling in your feet & legs. It is common for the swelling in your feet & legs to continue for a couple of months, but it should get progressively better. If either foot or leg becomes extremely swollen & does not improve when you elevate it above your heart for an hour, notify your physician.

Please review the following exercises and practice them at home before your surgery. If you have difficulty or pain while performing these exercises, then decrease the repetitions or stop that particular exercise. After surgery, your physical therapist will provide you with exercises that are specific to the surgical approach that was used during surgery.

## Knee Extension

Perform this exercise three times daily

### Purpose

- Helps you to fully straighten (extend) your leg after surgery

### Proper Technique

Place a rolled towel beneath your ankle. This position elevates the knee off the mattress to help fully straighten the knee. This position is important because it is harder to get the leg straight (versus getting the bending or flexion) after surgery. You can do this exercise while in the bed, here in the hospital and at home. Spend several minutes in this position to tolerance.



## Knee Extension (Continued)

Perform 10 repetitions of this exercise 2-3 times daily

### Purpose

- Strengthen muscles
- Improve mobility

### Proper Technique

This exercise is performed from a sitting position. You may want to place a rolled towel under your leg just above your knee on the chair for extra support. Raise your leg to straighten your knee. Hold this position for a count of 5 and then slowly lower your leg.



## Chair Push Ups

Perform 10 repetitions of this exercise 2-3 times daily, as tolerated.

### Purpose

- Strengthens arms

### Proper Techniques

Sit at the edge of a chair that has arm rests, with feet shoulder width apart. Lift your bottom from the chair using your arms slowly and lower. You may use your legs for assistance if needed.



## Short Arc Quadriceps Exercise

Perform 10 repetitions of this exercise 2-3 times daily, as tolerated.

### Purpose

- Minimizes the risk of blood clots
- Strengthens your muscles
- Keeps your joints mobile

### Proper Technique

Place a firm roll under your knee (this can be a 2-liter bottle or large coffee can wrapped in a towel or a folded pillow). Keep your knee on the roll as you raise your foot up to straighten the leg. Hold the knee straight for a count of 5 and then slowly lower your foot.

