

Before-Surgery Exercises for Total Knee, Partial Knee, and Hip Replacement Surgery

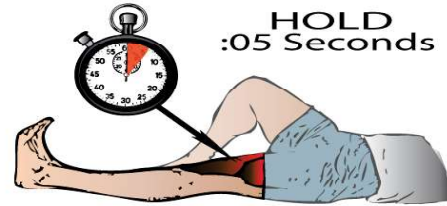
Do these exercises 3 times a day on both legs, and follow your doctor's instructions for exercises after surgery. If you begin to feel any discomfort with these exercises, please stop.

1. ANKLE PUMPS



Do 30 times.

2. QUAD SETTING



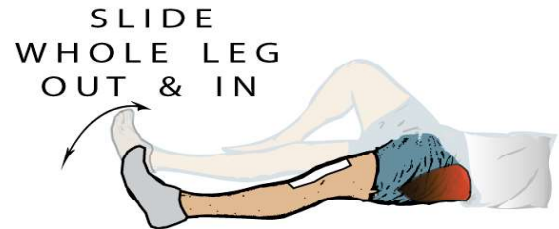
Do 10 times.

3. HEEL SLIDES



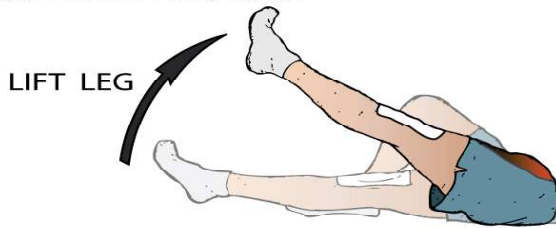
Do 10 times.

4. HIP ABDUCTION



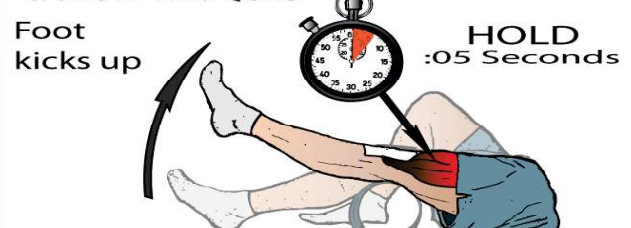
Do 10 times.

5. STRAIGHT LEG RAISE



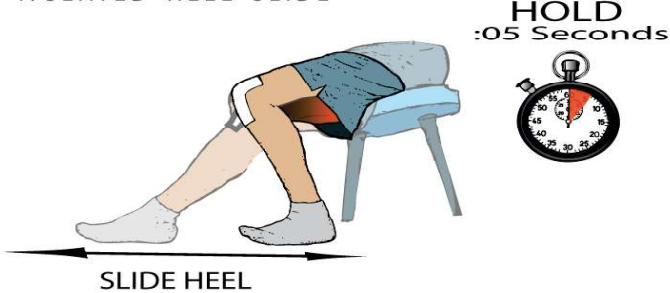
Do 10 times.

6. SHORT ARC QUAD



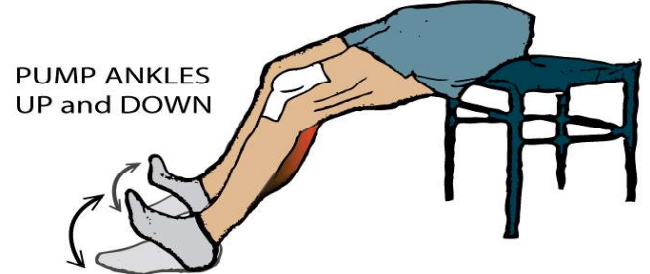
Do 10 times.

7. SEATED HEEL SLIDE



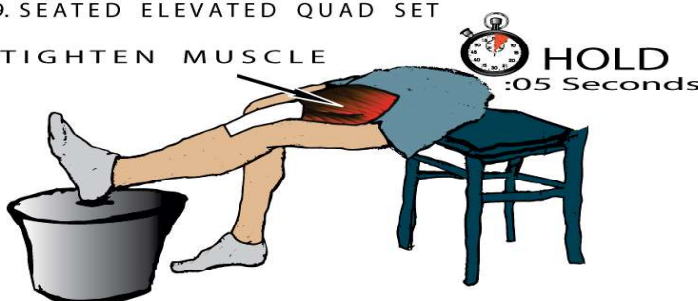
Do 10 times.

8. SEATED ANKLE PUMPS



Do 30 times.

9. SEATED ELEVATED QUAD SET
TIGHTEN MUSCLE



Do 10 times.

10. SEATED STRAIGHT LEG RAISE



Do 10 times.