

Preparing for THA or TKA

Tips to Protect Your Joint:

- **Keep the Impact Low** – stat bike, elliptical trainers or water exercises minimize joint stress
- **Apply Heat** – can relax muscles before you begin
- **Move gently** – begin with range of motion or stretches before moving on to strengthening or aerobic exercises
- **Go Slowly** – if you have pain more than 2hrs after exercise you have done too much – do less the next time you exercise
- **Ice Afterwards** – apply ice 10-15 min after exercise especially if you have swelling

Prescription Parameters:

Stretching and Range of Motion

- Can be done several times throughout the day
- Hold stretches 20-30 sec
- Helps to increase the length and elasticity of your muscles

Strengthening

- Use gravity, tubing or weights for resistance
- Aim for 8 reps and gradually increase 15-30 reps, 1-2x/day
- Aim for 2-3 strengthening sessions per week

Bridge

Bridge

Preparation:

- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in



Lie on back, arms resting at your side, palms up; Bend hips and knees, place feet on flat surface



Keep belly button pulled and squeeze glutes during movement

Execution:

- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly



Lower slowly back to start position

Bridge | Single Leg

Preparation:

- Lie flat on your back with your arms laying flat next to you
- Bend one knee up so that your foot is flat and straighten one knee up in the air as shown



Start Position



Lift hips, use one leg only

Execution:

- Lift your hips up to make a bridge using one leg only
- Lower down in a controlled manner

Bridge | Single Leg - One Leg Crossed and Arms Crossed

Preparation:

- Lie on your back with arms across your chest
- Bend one hip and knee, placing foot flat on surface
- Cross the other foot over the bent



Start position



Bridge hips

Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly

Knee Extension

Knee Extension Concentric (Roll)

Preparation:

- Place a roll underneath your knee as shown

Execution:

- Straighten your knee
- Relax your knee back down to the start position



Knee supported



Straighten knee

Knee Extension Concentric

Preparation:

- Sit in a chair with good posture

Execution:

- Straighten your knee as much as you can
- Relax your knee back to the start position in a controlled manner



Sit with good posture



Straighten knee

Knee Extension (Ankle Weight)

Preparation:

- Sit with good posture, weight on ankle as shown

Execution:

- Extend leg straight



Start Position



Extend leg straight

Chair Push Up

Tricep Extension-Dips (Chair)

Preparation:

- Sit with feet flat on the floor away from the chair
- Hold the arm rests firmly

Execution:

- Press up by straightening your elbows
- Keep your upper body tall



Sit, feet away from chair



Use arms to press body up

Dips - Single Leg (Chair)

Preparation:

- Sit with one foot flat on the floor, the other straight out in front you
- Hold the arm rests firmly

Execution:

- Press up by straightening your elbows
- Keep your upper body tall



One leg up



Press body up with arms

Core Stability

Transversus Abdominus Activation

Preparation:

- Lie on your back, knees bent, feet flat on floor

Execution:

- Place your fingers on the front of your pelvis, 1 inch in from the pelvic bones on both sides
- Contract your transversus abdominus
- You should feel the muscles tighten gently underneath your fingers (not bulge up abruptly)
- Hold, Relax, Repeat



Gently contract deep abdominals

Cues:

- Think about gently tightening a wire between your belly button and your spine.

Heel Lowers | TrA

Preparation:

- Lie on your back with hips at 90 degrees

Execution:

- Place your hands on the front of your pelvis
- Contract your deep core and continue breathing normally.
- Now slowly lower one foot until it touches the ground
- Return foot to the starting position
- Alternate legs one at a time



Start Position



Lower foot to ground - Core engaged



Lower back and pelvis remain stable



Alternate legs

Sit to Stand

Sit to Stand | Arm Rests

Preparation:

- Scoot forwards on chair

Execution:

- Incline trunk slightly forwards
- Knees over toes
- Rise up to standing



Start



Scoot forward, lean trunk



Rise, knees over toes



Stand

Sit to Stand | Arm Rests

Execution:

- Scoot forward in the chair
- Bend knees so knees are over toes
- Lean forward with a straight back (bend at the hip)
- Rise to standing WITHOUT use of arms



Scoot forward in the seat



Lean forward- straight back



Straighten at the hips



Stand

Heel Rises

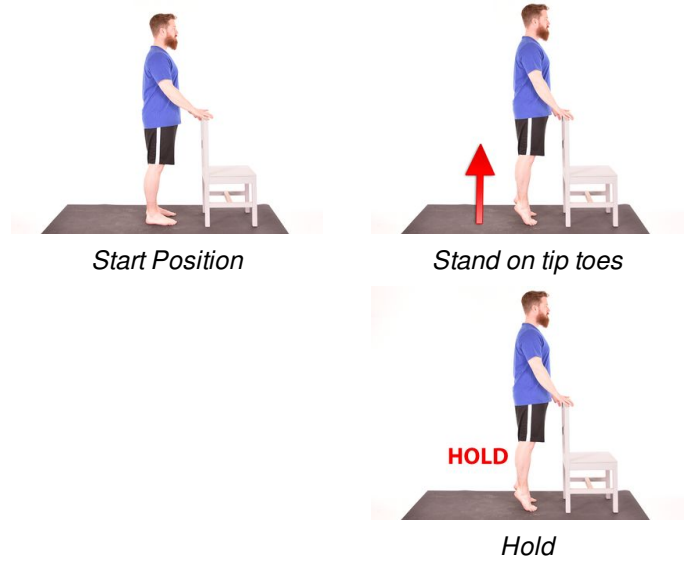
Calf Raise Isometric | Bilateral

Preparation:

- Stand holding a chair as shown

Execution:

- Stand on your tip toes, lifting your heels as high as you can
- Hold



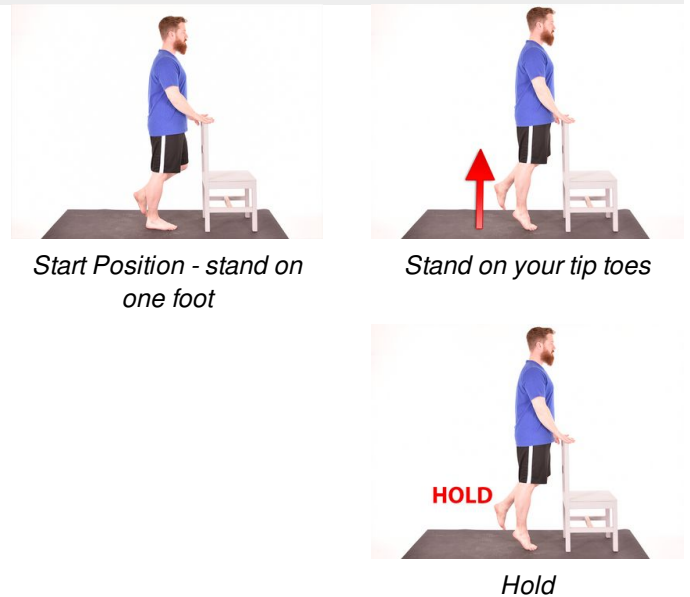
Calf Raise Isometric | Single Leg

Preparation:

- Stand holding a chair as shown

Execution:

- Stand on your tip toes, lifting your heels as high as you can
- Hold



Single Leg Balance

Single Leg Balance | Hand Support (Countertop)

Preparation:

- Stand facing a countertop
- Place hands on the countertop

Execution:

- Lift one leg as shown
- Balance in this position



Hands on countertop for support



Lift Leg



Balance



Single Leg Balance | Fingertip Support ⇒ Hovering (Countertop)

Preparation:

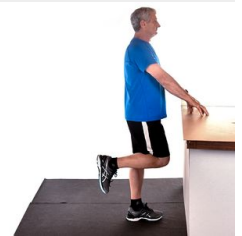
- Stand beside a countertop
- Start with fingertips on countertop

Execution:

- Lift one leg as shown
- Balance in this position



Fingertip support to start



Lift one leg



Now lift hand off the countertop,



Balance unsupported



Cardio

Cycling Stationary Bike

Cycling Stationary Bike



Cycling Stationary Bike

Walking



Swimming

Swimming



Swimming