

PRHC ORTHO INTAKE CLINIC

STAYING ACTIVE BEFORE YOUR KNEE REPLACEMENT

It is important to be active while you wait for your surgery. People with a painful knee are often afraid to be physically active as they think they may be doing more harm than good. This is not true. **Research has shown that exercise can help decrease pain, increase leg strength and keep one's heart in good condition leading up to surgery.**

If you are not a regular exerciser, speak with your health care provider before starting.

Endurance activities such as walking, swimming, exercising in the pool, or using a stationary bicycle are good for your heart, lungs, circulation and muscles. If you have not been exercising regularly, start **SLOWLY**. Aim to be physically active every day. Start with a few minutes and progress gradually until you can be active for at least 150 minutes per week. Spread out your activities into sessions of at least 10 minutes at a time throughout each week.

Participating in an exercise program before your surgery will help you recover more easily after surgery.

The following strengthening exercises are suggested to be completed 1 – 3 times per day. Hold each position for 5 seconds before slowly returning to the starting position. Repeat each exercise several times until the muscle you are exercising feels tired.

Unless otherwise indicated by your physiotherapist, please complete these exercises 1 - 3 times a day, 10 times each session with a 5 second hold each time.

Stop doing any exercise that causes you excessive pain that doesn't go away.

10 repetitions is often a good number to start with. As your strength improves, you can add more repetitions and use muscle tiredness as your guide. Stop doing any exercise that causes you excessive pain that doesn't go away.

PRHC ORTHO INTAKE CLINIC CONTACT INFORMATION:

1 Hospital Drive,
Peterborough Ontario, K9J 7C6
705-743-2121 ext. 3203



1. Thigh Strengthener (beginner exercise)

- Place roll under knee
- Lift heel off bed until knee is straight



2. Leg Press (beginner exercise)

- Wrap sheet around bottom of foot
- Use sheet to bend knee, if required
- Straighten your leg against the resistance of the sheet while keeping your heel on the bed



3. Quarter Squat

- Feet should be 8 - 12 inches from wall and shoulder width apart
- Keep back & shoulders against the wall and toes pointing forward
- Slowly lower yourself ¼ of the way down the wall
- Your knees should never go in front of your toes



4

4. Standing Heel to Bottom

- Hold onto a counter for support
- Bend your knee so your heel moves towards your buttock on the same side



5

5. Chair Push-Up

- Sit with your hands on the arms of a chair
- Push down on your arms to lift your bottom off of the chair

NOTES:
