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**
   - Move whole foot up & down
   - Do 30 times.

2. **Quad Setting**
   - Hold: 05 Seconds
   - Do 10 times.

3. **Heel Slides**
   - Slide heel
   - Do 10 times.

4. **Hip Abduction**
   - Slide whole leg out & in
   - Do 10 times.

5. **Straight Leg Raise**
   - Lift leg
   - Do 10 times.

6. **Short Arc Quad**
   - Foot kicks up
   - Hold: 05 Seconds
   - Do 10 times.

7. **Seated Heel Slide**
   - Slide heel
   - Hold: 05 Seconds
   - Do 10 times.

8. **Seated Ankle Pumps**
   - Pump ankles up and down
   - Do 30 times.

9. **Seated Elevated Quad Set**
   - Tighten muscle
   - Hold: 05 Seconds
   - Do 10 times.

10. **Seated Straight Leg Raise**
    - Lift leg
    - Do 10 times.