

## **Total Knee Replacement Fitness Program- Exercises Before Surgery (Pre-OP)**

In this video Alex and Mike give advice and demonstrate exercises prior to Total Knee Replacement Surgery.

*Tips for getting in Pre-Surgery shape:*

- Start your Pre-Surgery exercise routine AT LEAST 6 weeks prior to surgery.
- New to exercise? Start very slowly, avoid injury and other medical exacerbations.
- Exercise buff? Increase intensity, duration, and frequency of your regular routine.
- Consider other alternatives to get into pre-surgery shape, yoga for mind and body relaxation, or aquatic therapy for very painful knees.
- Appropriate diet for preparation/recovery from surgery.

Medical studies out of the University of Boston- “Pre-surgery participants reduce their chance of needing inpatient rehab by 73% with appropriate pre-op exercise and conditioning.” Decreased hospital/nursing home time means improved quality of sleep and recovery at home.

*Recommended exercises (15-20 minutes 2x/daily). Increase sets and repetitions as able:*

1. Ankle Pumps - 1 set of 10 repetitions to start
2. Quad sets - 1 set of 10 repetitions to start
3. 3-way hip kicks - 1 set of 10 repetitions each to start
4. Clamshells - 1 set of 10 repetitions to start
5. Knee range of motion - bending and straightening exercises (durations as tolerated)
  - a. *Recommended use of Bob and Brad knee glide*
6. Short arc quads - 1 set of 10 repetitions to start
7. Long arc quads - 1 set of 10 repetitions to start
8. Chair pushups - 1 set of 10 repetitions to start
9. Single leg stance - (durations as tolerated)