

Scan with your smartphone to get an e-version of this leaflet. You might need an app to scan this code.

NHS Grampian

Exercises for you before your hip or knee operation

Information for patients and carers

Why these exercises matter

You are on the waiting list to have your joint replaced. We've given you this leaflet as it contains advice on what you can do at home to prepare for your operation.

It's important that when you come in for your joint to be replaced you are as strong and fit as possible.

There are several ways you can do this (see below).

Keep active

Keep active around your home and exercising when you can. Try different types of exercise such as walking, swimming, cycling, yoga, tai chi or pilates.

Do the exercises in this leaflet

You might already have a booklet about your joint replacement that contains an exercise programme for you to carry out every day.

If you haven't got this booklet yet, the exercises are also included in this leaflet.

If you prefer, you can watch a video of these exercises online. We will send you link for the video.

The stronger and fitter you are before your operation, the easier your recovery. People who do these exercises usually recover better than those who don't.

Prepare your home

Think about preparing your home for after your operation, Things to consider include:

- Stocking up your freezer.
- Putting your everyday items in cupboards you can reach easily.
- Clearing your home of obstacles like loose rugs, cables, trip hazards.
- Making sure you have adequate lighting.
- Arrange for someone to help you when you get home, especially if you care for family members or pets.

Getting up and about again

When you come in for your operation, if possible, you will be up and walking a short distance with a frame on the day of your surgery.

We aim for you to go home the day after your operation. It's very important to do your exercises both on your own and with the physiotherapy team in the ward to help you achieve this.

Some people even meet their discharge goals on the same day as their surgery.

As this is a planned procedure rather than an emergency, you have time to prepare. Home help or carers aren't usually arranged after this type of surgery. If this causes you any issues, please discuss this with your healthcare team.

What to take in with you

- Day wear. Try and avoid tight fitting clothing as this may hinder doing your exercises
- Nightwear
- Toiletries and washcloth
- Comfortable shoes or slippers (no flip flops or backless shoes)
- Any regular medication you take in the original boxes if possible

Key message

Do try to get up, get active and get home as quickly and safely as possible

To get the best results after your surgery needs hard work and preparation from **you before and after the operation** so start today if you can.

Exercises before a hip replacement

These exercises are for people having a **hip** replacement. If you're having a knee replacement, please do the exercises in the next section.

Do these exercises 4 times each day.

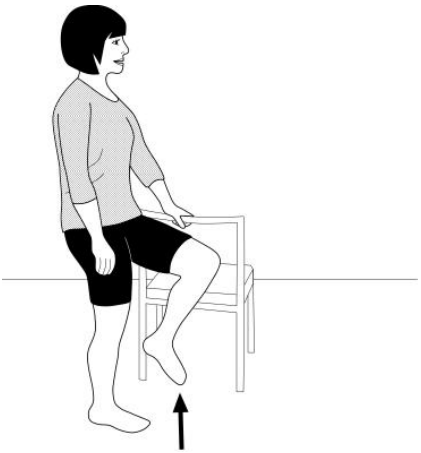
Exercise 1:

Stand straight, holding on to a support. Lift your knee in front of your body.

Keep your toe pointing forwards during this exercise.

Hold for 3 seconds, then relax.

Repeat 10 times.

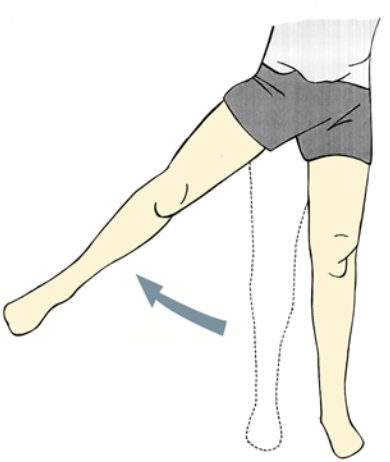


Exercise 2:

Stand straight, holding on to a support. Lift your knee sideways. Hold for 3 seconds, then relax.

Keep your toe pointing forwards during this exercise.

Repeat 10 times.

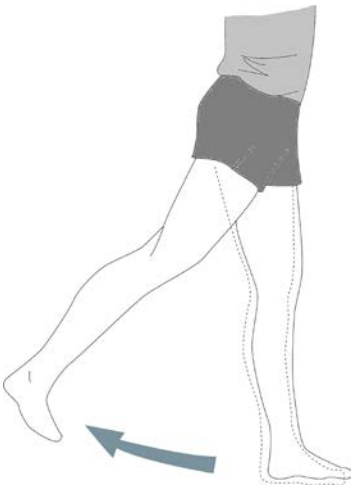


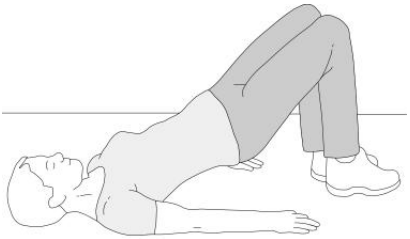
Exercise 3:

Stand straight, holding on to a support. Bring your leg backwards, keeping your knee straight. Don't lean forwards. Hold for 3 seconds, then relax.

Keep your toe pointing forwards during this exercise.

Repeat 10 times.



Exercise 4: Lie on your back with your knees bent. Squeeze your buttocks together and lift your bottom off the floor. Return to your starting position. **Repeat 10 times.**	

Exercises before a knee replacement

These exercises are for people having a **knee** replacement. If you're having a knee replacement, please do the exercises in the next section.

Do these exercises 4 times each day.

Exercise 1:

Stand holding on to a support. Bring one leg slightly backwards. Bend your knee and lift your foot off the floor.

Hold for 3 seconds, then relax.

Repeat 10 times.



Exercise 2:

Stand in front of a table or chair, holding on to the support with both hands.

Sit back slightly, then stand up, pushing up with the muscles in your bottom.

Repeat 10 times.



Exercise 3:

Lie on your back. Bend one leg up. Put a cushion or rolled up towel under the other knee.

Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening your knee (keep knee on cushion). Hold for 3 seconds then slowly relax.

Repeat 10 time with both legs.



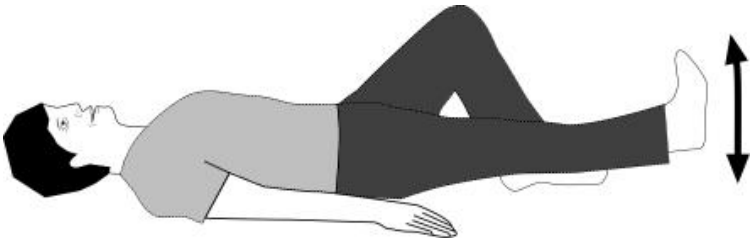
Exercise 4:

Lie on your back with one leg straight and one leg bent.

Exercise your straight leg by lifting your leg about 20cm off the bed or floor, keeping it straight the whole time.

Hold for 5 seconds then slowly relax.

Repeat 10 times with both legs.



This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1913.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.

Physiotherapy Department
Woodend Hospital
Leaflet supplied by:

March 2021
©NHS Grampian
Quality Development, Foresterhill