



TOTAL JOINT EXERCISES AND HELPFUL HINTS

Use of walker, getting in and out of the car, and pre/post exercises



USING A WALKER

- ▶ Using your walker:
 - ▶ Roll the walker forward
 - ▶ Step towards the walker putting the foot of your surgical leg (“bad”) in the middle of the walker area
 - ▶ Then bring the non surgical (“good”) leg forward putting some of your weight into your hands.

- ▶ Do not step past the front wheels of the walker, always stay in the middle of the walker
- ▶ Take small steps walking as normal as possible
- ▶ Roll the walker do not pick it up



STANDING UP AND SITTING DOWN

- ▶ Standing up from a chair
 - ▶ When you can sit in a chair with arms. DO NOT pull up on your walker it could tip, push off the chair.
 - ▶ Straighten the “bad” leg so the knee is lower than the hip.
 - ▶ Scoot to the edge of the chair.
 - ▶ Push up with both hands off the chair/armrests. Balance yourself before grabbing the walker.
- ▶ Sitting down in a chair
 - ▶ Using your walker back up to the chair until you feel it touching your legs.
 - ▶ Slide the “bad” leg forward keeping the “good” leg close to the chair.
 - ▶ Reach back for the armrest one at a time.
 - ▶ Slowly lower yourself to the chair, keeping your “bad” leg forward.



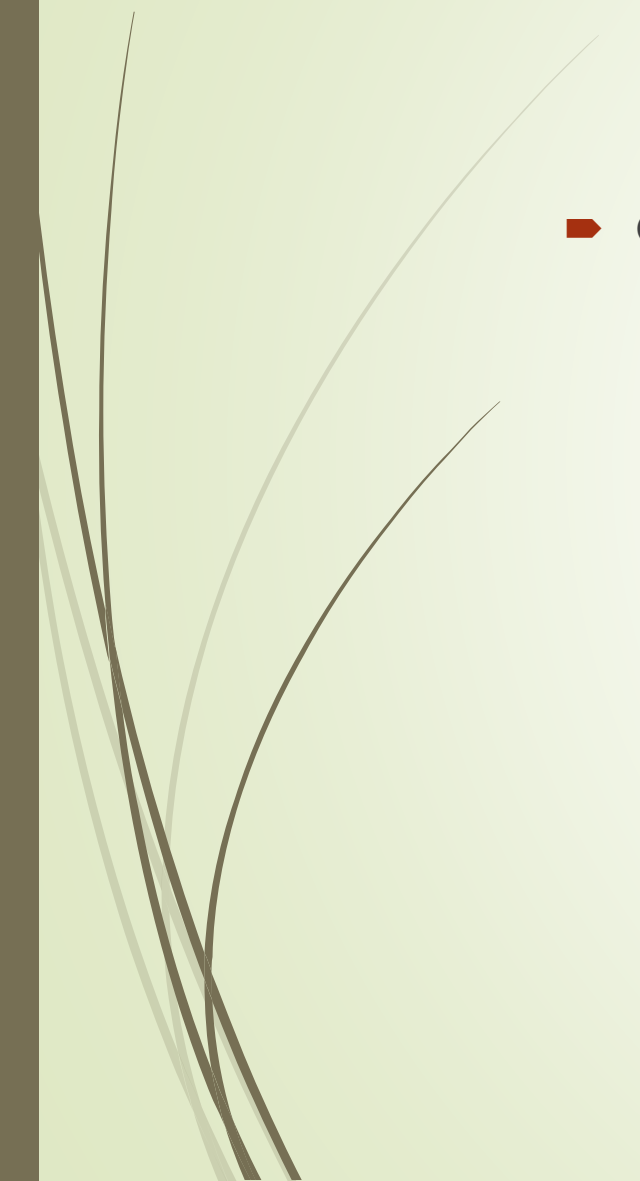
GETTING IN AND OUT OF BED

➤ GETTING INTO BED

- Half way between the head and foot of the bed, back up until you feel the bed on your legs.
- Reach back with both hands, sit on the edge of the bed, and scoot to the center of the mattress.
- Move the walker out of the way but keep it in arms reach.
- Scoot your hips around then lift your leg into bed while scooting around. (if this is your “bad” leg, you may want to use a cane, rolled sheet, belt, elastic band, or the other leg to help lift it onto the bed).
- Keep scooting around then lift the other leg.
- Move to a comfortable position.



➤ GETTING OUT OF BED

- Scoot hips to edge of bed.
 - Sit up while lowering your leg to the floor (if it is your “bad” leg you may need to use a cane, belt, elastic band, or rolled sheet).
 - Scoot to the edge of the bed.
 - Use both hands to push off the bed. If the bed is low, put one hand on the center of the walker while pushing off the bed with your other hand.
 - Balance yourself before reaching for the handles of the walker.
- 



GETTING IN AND OUT OF THE CAR AFTER TOTAL HIP REPLACEMENT

- ▶ For a car, be sure you are standing on the level of the ground, not on a curb.
- ▶ For a truck/SUV, pull up to the curb and use the curb as a stepstool.
- ▶ Be sure the seat is all the way back and slightly reclined. If the seat is a bucket seat put a pillow in to sit on.
- ▶ Back up to the car. Put one hand on the headrest or seat and the other on the dashboard. Slowly lower yourself onto the seat, letting the “Bad” leg slide forward.
- ▶ Pivot while someone helps bring the “Bad” leg into the car.

REMEMBER—DO NOT BEND YOUR HIP PAST 90 DEGREES



PHYSICAL THERAPY

- ▶ A physical therapist will be coming to your home the day after surgery. You will receive the appointment time before discharge (unless your surgeon has made other arrangements).
- ▶ The walker is used for your safety after the nerve block, spinal, and/or local anesthesia that was used in the joint. The new joint is strong and does not need the walker. To keep safe you should use the walker until physical therapy clears you to use a cane.
- ▶ Short walks are the best therapy.
- ▶ Keep the surgical leg elevated when not up and moving around.
- ▶ You can start practicing stairs if you have them at home.
 - ▶ “**Up** with the **GOOD**, **down** with the **BAD**”
 - ▶ Go UP the stairs using the GOOD leg first, going one step at a time.
 - ▶ Go DOWN the stairs using the BAD leg first, going one step at a time.
 - ▶ Use hand rails and/or cane for safety.



EXERCISES FOR TOTAL HIP AND TOTAL KNEE REPLACEMENT SURGERY

▶ QUAD SETS

- ▶ While lying on your back in bed, press your surgical knee into the mattress and tighten your muscle on the upper thigh. **Hold for a 5-10 second count.**

▶ Heel Slides

- ▶ While lying on your back in bed, bend your affected knee and slide your heel to your buttock. Slide it back out straight. Tie a plastic bag around your foot if it makes it easier to slide. **Do 5 slides** then rest.

▶ HAM SETS

- ▶ While lying on your back in bed, keep your surgical leg bent and the other leg straight. Tighten the muscle on the back of your affected leg. Push the heel down into the bed with the surgical leg. **Hold for 5 seconds.**

▶ Gluteal Sets

- ▶ While lying on your back in bed, squeeze your buttock muscles together and **hold for a count of 5-10 seconds.**



➤ Ankle Pumps

- While sitting in a chair or lying on your back in bed, straighten your knee and slowly push your foot forward and backward. Repeat **20 times** with both ankles, **every hour while awake**.

➤ Sitting Knee Extension

- While sitting in a chair with your back against the chair back, straighten your surgical knee and hold for a **count of 5-10 seconds**. Lower your leg down to the floor.

➤ Straight Leg Raises

- While lying on your back in bed, tighten your thigh muscles and lift the surgical leg up several inches off the bed. Keep your knee straight and toes pointed up. **Hold the leg up for 5-10 seconds** and then lower it back onto the bed. Do not do this if it hurts your lower back.

➤ Lying Knee Extension

- Lie on your back in bed. Place a towel rolled up or in a ball under the lower part of your thigh on the surgical side. Lift your foot and straighten knee. Do not raise your thigh off the rolled up towel.



➤ Knee Raises

- While standing up, hold on to a sturdy chair. Raise one knee at a time as if marching in place. Do not lift your knee higher than your waist. **Hold your knee up for 2-3 seconds.** Slowly lower back to the ground.

➤ Standing Knee Flexion

- While standing up, hold on to the back of a sturdy chair. Bend your surgical knee back behind you. Slowly lower it back to the ground.

➤ Standing Hip Abduction/Adduction

- While standing up, hold on to the back of a sturdy chair. Move one leg out to the side. Keep hip, knee, and foot pointed straight forward. Slowly lower back to the ground.

➤ Toe Raises

- While standing up, hold on to the back of a sturdy chair. Raise your toes off the ground. Slowly lower toes back to the ground.


➤ Heel Raises

- While standing up, hold on to the back of a sturdy chair. Raise up on your toes.



AFTER TOTAL SHOULDER SURGERY

- ▶ Even though shoulder joint replacement is less common than knee or hip replacement, it is just as successful in relieving joint pain. The key to your recovery after surgery is managing pain and following your surgeon's detailed instructions.
- ▶ After surgery, your surgical arm will be immobilized at your side with the use of a special sling with a supportive pillow.
- ▶ Do NOT remove this sling unless your surgeon has instructed you to.
- ▶ You may be able to begin gentle exercises, these would have been provided to you by your surgeon.
- ▶ You may open and close your fingers to make a loose fist and circle your wrist.
- ▶ Function and protection of the shoulder is very important in the recovery phase, only do things with the surgical arm that your surgeon has told you to.



THINGS TO AVOID AFTER TOTAL SHOULDER SURGERY

- ▶ For the first couple weeks after surgery it will be hard to reach for things on higher shelves. Before surgery, be sure to go through your home and place any items you will need on a lower shelf/counter top.
- ▶ Organize your clothing for easier access to loose-fitting stretchable clothing with no fasteners.
- ▶ Do NOT use your “bad” arm to push up in bed or from a chair.
- ▶ NO lifting for about 6-8 weeks.
- ▶ No pushing or pulling with the “bad” arm.
- ▶ Do NOT put your arm straight out to the side or behind your body.



THINGS TO DO AFTER TOTAL SHOULDER SURGERY

- ▶ Do wear your sling as instructed.
- ▶ Ice 30 min on every hour while awake for the first 5-7 days.
- ▶ Follow the specific exercise program given to you by your surgeon or physical therapist.
- ▶ Ask for help when needed.
- ▶ Use your non surgical arm to do ALL the work.
- ▶ You can do anything one handed.