



VERSUS ARTHRITIS



LET'S MOVE FOR SURGERY EXERCISE BOOKLET



FOR BEFORE AND AFTER SURGERY

INTRODUCTION



Staying active is important if you are waiting for or recovering from surgery. If you're fit and strong your surgery has the best chance of success and you'll likely recover quicker.

Before surgery:

If you are preparing for surgery it is recommended that you do stretching and strengthening exercises for your joint at least 3-4 times per week.

After surgery:

In the immediate 2-4 weeks after your surgery you will need to do rehabilitation exercises 2-3 times per day.

Always consult your healthcare professional who can provide recommendations tailored to you.

This booklet contains exercise routines that have been designed specifically to help prepare for and recover from joint replacement surgery. There's an activity tracker for you to set personal goals, log your activities and track your progress over time. Remember to go at your own pace and gradually increase the amount of exercise you do.

The exercises in this booklet are available as follow along videos. There's also a series of personal stories and advice videos about keeping active before and after surgery.

To view these videos please scan the QR code in the tracker tab of this booklet or visit our website versusarthritis.org/surgery-toolkit.

Alternatively you can order a free DVD by emailing letsmove@versusarthritis.org or by phoning our team on **0800 515 209**.

What's included in this booklet:

- Hip replacement exercises
- Knee replacement exercises
- Shoulder replacement exercises
- Full body strengthening exercises
- Cardiovascular workout

Take a look at our accompanying booklet for tips and advice about staying active before and after surgery and how to deal with the difficult days. This is also available to order by emailing letsmove@versusarthritis.org or by phoning our team on **0800 515 209**.

Before getting started:

- Remember to stay hydrated while you're exercising
- Make sure you have plenty of space around you to avoid injury
- Listen to your body. A small to moderate short-term increase in pain is to be expected, particularly if you are not used to exercise. If you have increased pain that lasts for more than a few hours after exercising, it is a sign that you have pushed too hard. Perhaps the exercise was too challenging, or you did too much to begin with. It is advisable to take a few days rest and then restart the exercise but at a lower level. For example, reduce the number of repetitions or amount of time you are exercising and build this up slowly.



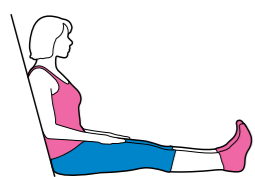
While I am waiting for my surgery I started walking, swimming, using the treadmill and exercising with dance, it has made so much difference. As long as your mindset is willing to listen too.

– Daljit, awaiting knee replacement



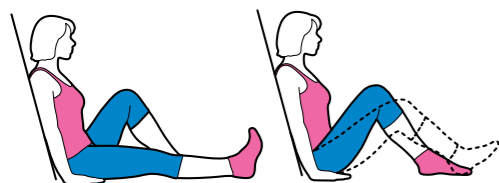
HIP REPLACEMENT EXERCISES

The exercises on this page are suitable for doing before and after surgery.



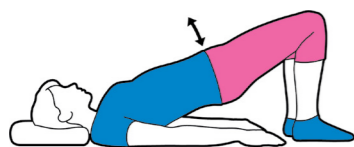
1 GLUTE SQUEEZE

Sit on the sofa or bed with your legs out in front of you. Squeeze your bottom muscles together and hold for 5-10 seconds and release. Repeat this exercise 5 times.



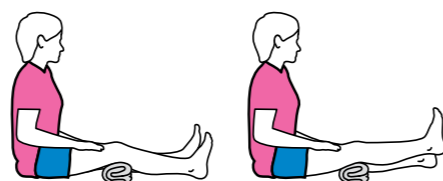
3 HEEL SLIDE

Sit on the sofa or bed with your legs out in front of you. Slide one heel towards you as much as you can and then slide it back out, straightening your leg. Repeat 10 times on each leg.



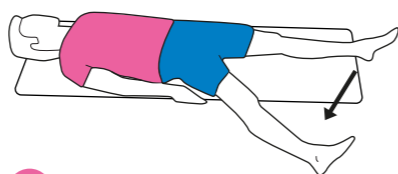
5 BRIDGE

Lie on your back on the bed or floor with your knees bent. Squeeze your bottom muscles, then lift your pelvis and lower back off the floor. Repeat 10 times.



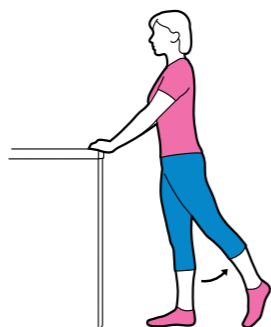
2 QUADRICEPS EXERCISE

Sit on the sofa or bed with your legs out in front of you. Place a small rolled up towel under one knee so there's a small bend in the knee. Push your knee down into the towel as hard as you can and hold for 5-10 seconds. Your heel may come off of the bed. Repeat 5 times on each leg.



4 HIP ABDUCTION

Lie flat on your back on the bed or floor. Slide one leg out to the side as far as feels comfortable, keeping the knee straight, and then bring it back to the centre. Repeat 10 times on each leg.



6 HIP EXTENSION

Hold onto a chair or work surface for support. Move one leg backwards, keeping your knee straight and then bring it back in to to the centre. Try not to tilt your body forwards. Repeat 10 times on each leg.

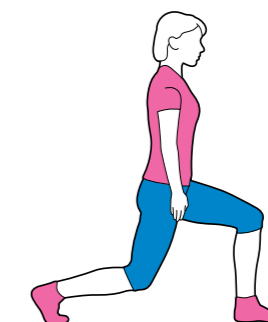
ADVANCED EXERCISES

The following exercises are more difficult. They are suitable to do before your surgery but please check with your physiotherapist or surgeon before trying them after your surgery. If you try these exercises and they feel too difficult, take a break from them and try them again when you are feeling stronger.



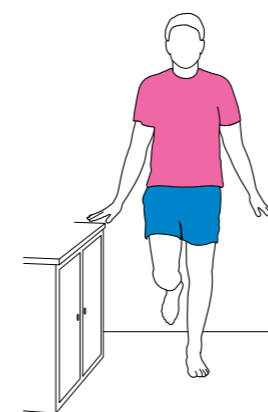
SQUAT

Hold onto a chair or work surface for support if needed. Stand with your feet hip width apart. Bend your knees as if you were going to sit down. Keep your weight on your heels, not your toes. Squeeze your bottom muscles as you stand back up. Repeat 10 times.



LUNGE

Take a medium step forward and lower into a lunge by bending both knees. Return to your starting position by pushing back up through the front leg, before stepping it back in line with your other leg. Hold onto a chair or work surface for support if required. Repeat 10 times on each leg.



SINGLE LEG BALANCE

Hold onto a chair or work surface for support if needed. Stand on one leg. Aim to do this without support from your arms if possible. Hold for 20-30 seconds. Repeat 3 times on each leg.

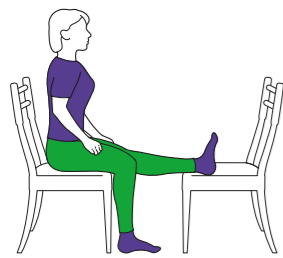


STEP UP

Step up and down on the bottom step of the stairs. Use the hand rail if required. Repeat 10 times on one leg before changing to the other leg.

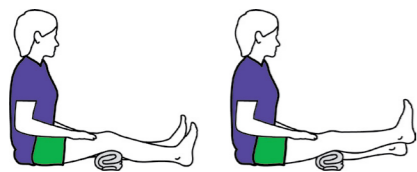
KNEE REPLACEMENT EXERCISES

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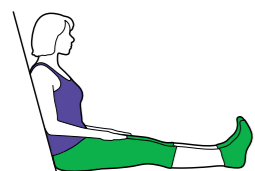
1 SEATED KNEE EXTENSION

Set up as in the image, with your heel on a chair in front of you. Let gravity pull your knee down into a straightened position. If comfortable you could also push down gently on your thigh. Hold for 30-60 seconds. Repeat 5 times on each leg.



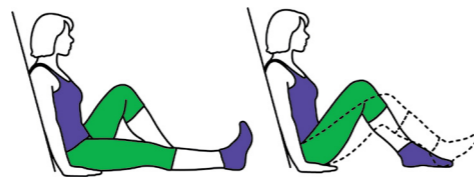
3 QUADRICEPS EXERCISE

Sit on the sofa or bed with your legs out in front of you. Place a small rolled up towel under one knee so there's a small bend in the knee. Push your knee down into the towel as hard as you can and hold for 5-10 seconds. Your heel may come off of the bed. Repeat 5 times on each leg.



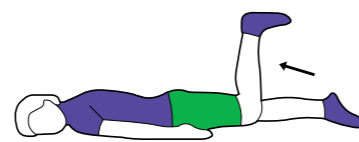
5 GLUTE SQUEEZE

Sit on the sofa or bed with your back supported and your legs out straight in front of you. Squeeze your bottom muscles together and hold for 5-10 seconds and then release. Repeat 5 times.



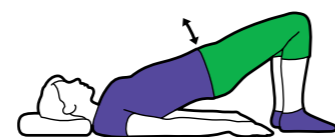
2 HEEL SLIDE

Sit on the sofa or bed with your legs out in front of you. Slide one heel towards you as much as you can and then slide it back out, straightening your leg. Repeat 10 times on each leg.



4 PRONE KNEE BEND

Lie on your front on the bed or sofa. Bend one knee, bringing your heel towards your bottom and lower slowly back down. Repeat 10 times on each leg.



6 BRIDGE

Lie on your back on the bed or floor with your knees bent. Squeeze your bottom muscles, then lift your pelvis and lower back off the floor. Repeat 10 times.

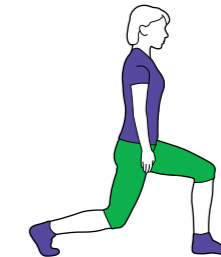
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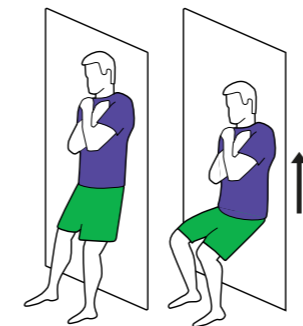
SQUAT

Hold onto a chair or work surface for support if needed. Stand with your feet hip width apart. Bend your knees as if you were going to sit down. Keep your weight on your heels, not your toes. Squeeze your bottom muscles as you stand back up. Repeat 10 times.



LUNGE

Take a medium step forward and lower into a lunge by bending both knees. Return to your starting position by pushing back up through the front leg, before stepping it back in line with your other leg. Hold onto a chair or work surface for support if required. Repeat 10 times on each leg.



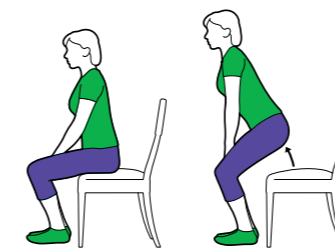
WALL SQUAT

Lean against a wall, with your feet shoulder width apart and away from the wall. Bend your knees and allow your back to slide down the wall. Then use your legs to push you back up again. Hold onto something for support if required. Repeat 10 times.



STEP UP

Step up and down on the bottom step of the stairs. Use the hand rail if required. Repeat 10 times on one leg before changing to the other leg.

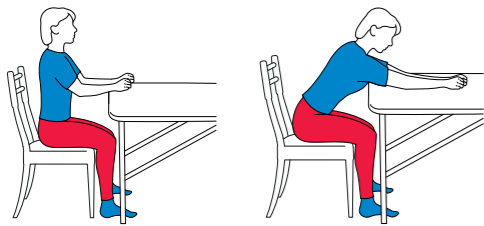


SIT TO STAND

Sit on a chair with your feet flat on the floor. Stand up, then sit back down. Try to do this without using your hands if possible. Repeat 10 times.

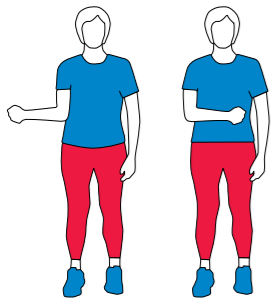
SHOULDER REPLACEMENT EXERCISES

The exercises on this page are suitable for doing before and after surgery.



1 TABLE SLIDE

Sit at a table. Slide your hands up the table, and back. Repeat 10 times.



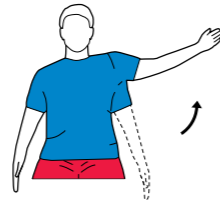
3 INTERNAL AND EXTERNAL ROTATION

This exercise can be done seated or standing. Bend one elbow to 90 degrees with the upper arm against the side of your body. Squeeze your hand into a fist. Rotate your hand out to the side of your body and then back across your body. Repeat 10 times on each side. You can do this exercise while resting the arm on a table if needed.



5 ISOMETRIC EXTERNAL ROTATION

Stand sideways to the wall. Bend the elbow to 90 degrees and hold a small towel between the wrist and wall. Clench the fist and push the wrist into the wall as hard as is comfortable. Hold for 10 seconds and repeat 3 times before repeating on the other side.



2 ABDUCTION

With your palm facing forward, lift your arm out to the side and up as high as you can, then slowly lower it back down. Repeat 10 times on each arm.



4 ISOMETRIC FLEXION

Stand facing a wall. Squeeze one hand into a fist and push the fist against a small towel on the wall. Hold this for 10 seconds and repeat 3 times before repeating on the other side.

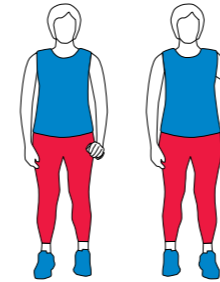


6 ISOMETRIC ABDUCTION

Stand sideways to the wall. Bend the elbow to 90 degrees and hold a small towel between the elbow and the wall. Clench the fist and push the elbow into the wall as hard as is comfortable. Hold for 10 seconds and repeat 3 times before repeating on the other side.

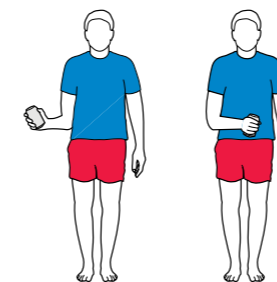
ADVANCED EXERCISES

The following exercises are more difficult. They are suitable to do before your surgery but please check with your physiotherapist or surgeon before trying them after your surgery. If you try these exercises and they feel too difficult, take a break from them and try them again when you are feeling stronger.



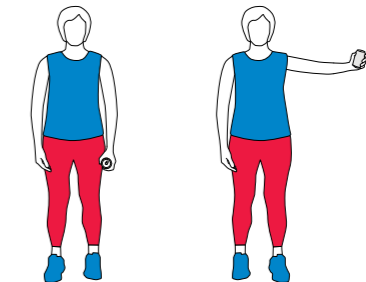
RESISTED FLEXION

For this exercise you will need a tin or jar to use as a weight. This exercise can be done seated or standing. Starting with your arms down by your sides, lift one arm straight out in front of you as high as you comfortably can and then slowly lower back down. Repeat 10 times on each arm.



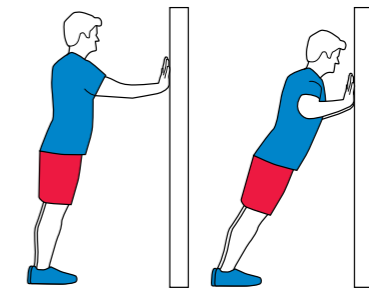
RESISTED INTERNAL AND EXTERNAL ROTATION

For this exercise you will need a tin or jar to use as a weight. This exercise can be done seated or standing. Holding the weight in one hand, bring your elbow into your side and bend it to 90 degrees. Take your hand out to the side of your body, opening up your chest and then back in across your body. Repeat 10 times on each arm.



RESISTED ABDUCTION

For this exercise you will need a tin or jar to use as a weight. This exercise can be done seated or standing. Start with your arms by your sides and the weight in one hand, lift the arm out to the side as high as you comfortably can with the palm facing forward and then slowly lower back down. Repeat 10 times on each arm.



WALL PUSH UP

Stand facing a wall with both hands against the wall at approximately shoulder height. Lower yourself towards the wall, bending at the elbow, and then push back up to your starting position. Repeat 10 times. To make this harder you can stand further away from the wall.

FULL BODY STRENGTHENING

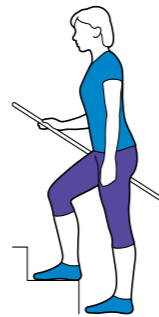
The exercises in this routine focus on strengthening the whole body. They are all suitable for before surgery and 4-6 weeks after surgery. Speak with your healthcare professional after your surgery and they will advise when you can start exercising. We recommend doing strength exercises regularly following recovery from your operation to maintain muscular strength.

If you have had shoulder surgery speak to your healthcare professional before doing the exercises marked with *



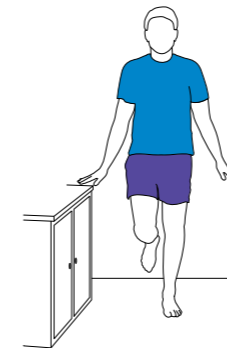
1 SQUAT

Hold onto a chair or work surface for support if needed. Stand with your feet hip width apart. Bend your knees as if you were going to sit down. Keep your weight on your heels, not your toes. Squeeze your bottom muscles as you stand back up. Repeat 10 times.



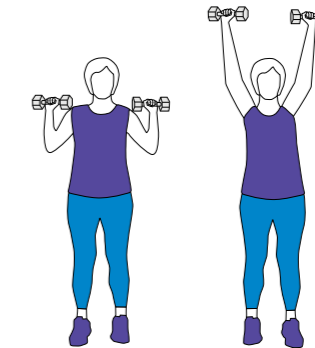
2 STEP UP

Step up and down on the bottom step of the stairs. Use the hand rail if required. Repeat 10 times on one leg before changing to the other leg.



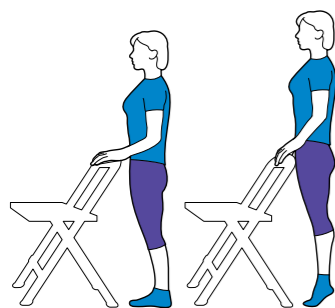
3 SINGLE LEG BALANCE

Hold onto a chair or work surface for support. Stand on one leg. Aim to do this without support from your arms if possible. Hold for 20-30 seconds. Repeat 3 times on each leg.



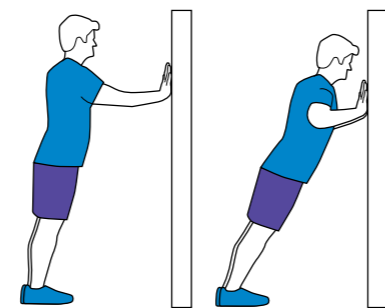
4 SHOULDER STRENGTHENING*

This exercise can be done sitting or standing. Hold a tin or jar in each hand. Lift the weights over head, then slowly lower back to your shoulders. Repeat 10 times.



5 CALF RAISE

Using a counter or chair for support, rise up on your tiptoes with your knees straight. Slowly lower your heels back down. Repeat 10 times.



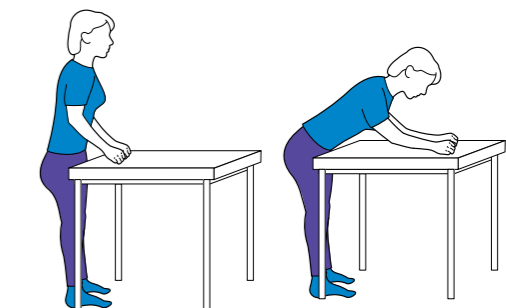
6 WALL PUSH UP*

Stand facing a wall with both hands against the wall at approximately shoulder height. Lower yourself towards the wall, bending at the elbow, and then push back up to your starting position. Repeat 10 times. To make this harder you can stand further away from the wall.



7 HAND SQUEEZE

Take a rolled up towel or sponge, squeeze it in one hand as hard as you can and hold for 10 seconds. Repeat 3 times before completing it on the other hand.



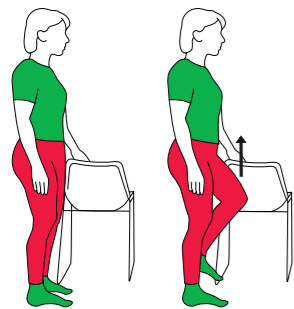
8 TABLE SLIDE*

Stand facing a table. Slide your hands up the table, and back. Repeat 10 times.

CARDIO WORKOUT

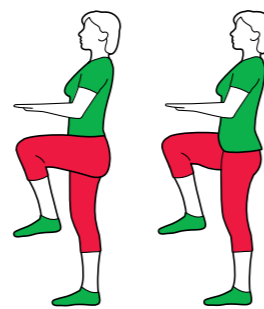
This exercise routine aims to increase your cardiovascular fitness. It is designed for daily use and can be completed in short bursts throughout the day. These exercises are suitable for before surgery and 4-6 weeks after surgery. Speak with your healthcare professional after your surgery and they will advise when you can start exercising.

Undertaking regular cardiovascular exercise is important to keep your heart and lungs strong. Increasing your cardiovascular fitness will help with your recovery from surgery.



1 MARCHING ON THE SPOT

Hold on to something sturdy if needed and then march on the spot for 10 seconds. This exercise can be done seated if needed.



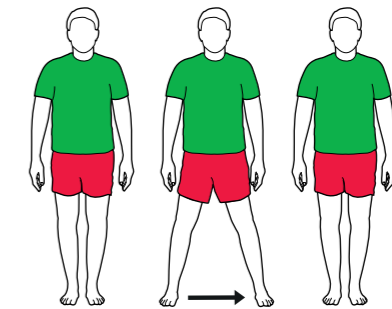
2 HIGH KNEE MARCHING

Place your hands out in front of your body. Lift up one knee at a time and touch your hands and then repeat on the other leg. Continue for 10 seconds. Hold onto something sturdy with one hand if needed for balance.



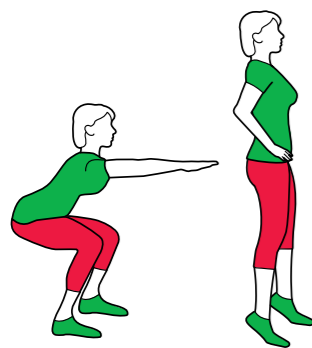
3 BUM KICK MARCHING

Hold onto something sturdy in front of you. Bend one knee and lift your heel up behind you. Bring it back down and repeat on the other leg. Continue for 10 seconds.



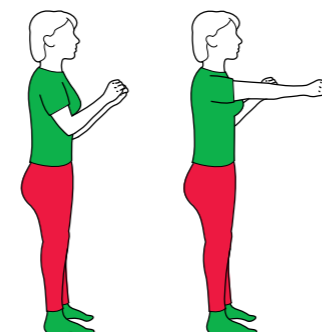
4 SIDE-TO-SIDE STEP

Take a few steps sideways in one direction and then back again. Continue for 10 seconds. Do it alongside a wall or counter if needed for balance.



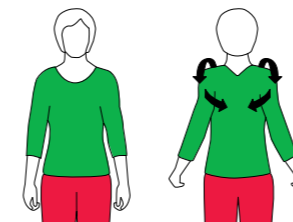
5 MINI SQUAT INTO CALF RAISE

Stand with your feet hip width apart. Do a small squat down and then stand back up on to your tiptoes. Lower back down, and repeat for 10 seconds.



6 FORWARD PUNCHING

Stand with your feet wider than hip width apart. Punch your fists out in front of you, one arm at a time for 10 seconds. This exercise can be done seated if needed.



7 SHOULDER ROLL

Lift your shoulders up and roll them backwards in circles, while marching on the spot if you can. Continue for 10 seconds.



8 STEP UP

Step up and down on the bottom step of the stairs. Use the hand rail if required. Repeat 10 times on one leg before changing to the other leg.



WATCH OUR ONLINE VIDEOS

Scan the QR code to try the follow along exercise videos for the above exercise routines. There's also a series of videos featuring people who have undergone joint replacement surgery who share their experience about keeping active before and after surgery and why keeping active was so important in the preparation and recovery from their operation.



SHARE YOUR FEEDBACK

We would love to hear what you think about this resource. If you would like to share your feedback please scan the QR code to complete the short online survey.



MY LET'S MOVE TRACKER

The following pages of this booklet are designed for you to keep a diary of your activities and track your progress over time. You can cut out the pages and stick them on your fridge or somewhere that you will regularly see them.

Before you get started with any activity take a few moments to think about your long-term goals, what you would like to be able to do after your surgery, and how you will manage the difficult days when they arise. Before the start of each week you should make a note of how you have been feeling and a personal target of what you would like to achieve over the next week.

Keep a log of the activities you do throughout the week and how you are feeling and then at the end of each week make a note of your movement highlight of the week. By keeping track of your activities and the way you feel, over time you will be able to identify any improvements and changes in the way you are feeling.



WEEK 1**MY LONG TERM GOALS... AFTER MY SURGERY I WANT TO...****I HAVE RECENTLY BEEN FEELING...****IN THE NEXT WEEK I WILL...**

	WHAT ACTIVITY I DID	HOW I FELT
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

MY MOVEMENT HIGHLIGHT THIS WEEK WAS...**WEEK 2****I HAVE RECENTLY BEEN FEELING...****IN THE NEXT WEEK I WILL...**

	WHAT ACTIVITY I DID	HOW I FELT
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

MY MOVEMENT HIGHLIGHT THIS WEEK WAS...

WEEK 3**I HAVE RECENTLY BEEN FEELING...****IN THE NEXT WEEK I WILL...**

	WHAT ACTIVITY I DID	HOW I FELT
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

MY MOVEMENT HIGHLIGHT THIS WEEK WAS...**WEEK 4****I HAVE RECENTLY BEEN FEELING...****IN THE NEXT WEEK I WILL...**

	WHAT ACTIVITY I DID	HOW I FELT
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

MY MOVEMENT HIGHLIGHTS AND REFLECTIONS...

Please take a few minutes to reflect and think about how you have felt over the last four weeks. Have the exercises got any easier over time? Do you feel fitter, more flexible or stronger? Are you having less pain in your affected joints? Write down your reflections and be proud of the progress you are making.

We are Versus Arthritis. We won't rest until everyone with arthritis has access to the treatments and support they need to live the life they choose with real hope of a cure in the future. To deliver our mission we invest in world class research, deliver high quality services and campaign on the issues that matter most to people with arthritis. We're here for you. If you'd like to talk to someone:

Call our free helpline:

Monday to Friday 9am-6pm, on **0800 5200 520**

Email: **helpline@versusarthritis.org**

Join our online community at:

community.versusarthritis.org

Sign up for our newsletter at:


www.versusarthritis.org/signup





VERSUS ARTHRITIS

For more information, please visit our website:

www.versusarthritis.org

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