

Knee Surgery: Before Exercises

Together with your healthcare provider, you have decided to have total knee replacement surgery. And while you may already be looking forward to the days when you can take a walk with less pain, you are about to have surgery and need to prepare for it. To best prepare for your surgery, your healthcare provider will prescribe specific exercises to do in the weeks leading up to your surgery. These exercises help to strengthen the muscles around your knee and in your legs allowing you to do more right after surgery. This can help get you moving and speed up your recovery.

Pre-operative exercises include ankle pumps, quad sets, gluteal sets, heel-slides, short arc quads, straight leg raises, seated knee flexion, and arm-chair push-ups. Arm-chair push-ups strengthen the muscles in your arms. You will be using your arm muscles a lot for support when walking with a walker or cane and getting in and out of a bed or chair.

Work with your healthcare provider to decide which exercises are best for you and the proper way to do them. Doing these exercises properly will help you get the most out of your exercise plan. It may be a good idea to review your technique with your healthcare provider at any appointment leading up to your surgery.

Do these exercises as often as prescribed; usually twice a day with each session lasting around 20 minutes. It is not always easy to schedule exercise into your busy day. Make it a part of your daily routine so you don't miss a session. These exercises are important to your overall recovery - both short-term and long-term. Do them regularly to become stronger and help your recovery.