

Quad Sets

You will need all your strength to heal after a joint replacement. That's why being active before and after surgery is so important. Quad Sets are an exercise you can do to strengthen the muscles around your knee and hip allowing you to do more.

Try Quad Sets now.

Step 1. Lie or sit on the floor or in bed with your leg extended with a towel underneath and the other leg bent at the knee.

Step 2. Tighten the muscles on the top of your thigh by pushing the back of your knee down into the bed or floor.

Step 3. Hold the muscle and squeeze for 5 seconds, then relax your leg. Squeezing and relaxing your muscles gets your blood flowing and muscles working.

Let's try that again. Lie on your back. Keep one leg straight and the other bent. With a towel under your straight leg. Tighten the muscles on the top of your thigh and push the back of your knee down into the bed or floor. Hold and squeeze for 5 seconds, then relax your leg. Repeat 10 times or one set. Do two sets a day.

To get the most out of this exercise, follow your physical therapist's instructions and do them on a regular basis.