

Long Arc Quads

Being active before and after joint replacement surgery will help you get back to the activities you enjoy sooner. A Long Arc Quad is an exercise you can do to strengthen your joints.

Try Long Arc Quads now.

Step 1. Sit up straight in a secure chair or on the side of your bed.

Step 2. Extend your knee as much as you can comfortably and raise your foot. Move in an arc and work up to straightening your knee each time you do this exercise.

Step 3. Hold for 3 to five seconds.

Step 4. Slowly lower your leg and relax.

Let's try that again. Sit up straight in a chair or the side of your bed. Extend your knee as much as you can and raise your foot. Moving in an arc, work up straightening your knee over time. Hold for 3 to five seconds. Slowly lower your leg and relax. Do 10 times or one set on each leg. Do two sets a day.

To get the most out of this exercise, follow your physical therapist's instructions and do these regularly.