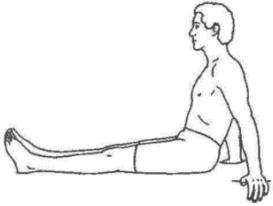
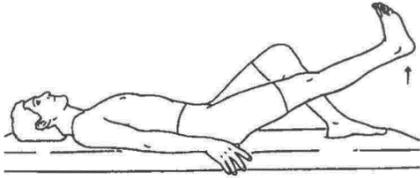
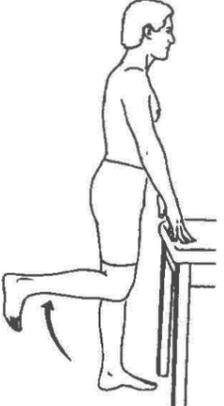
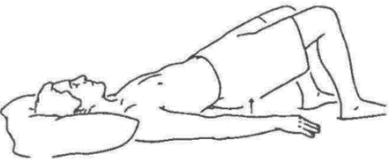
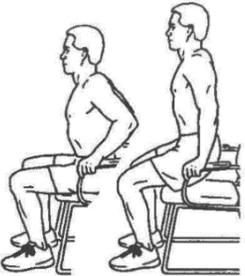
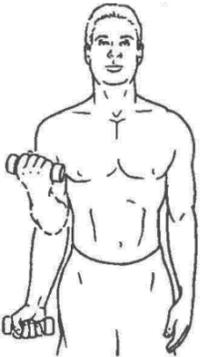
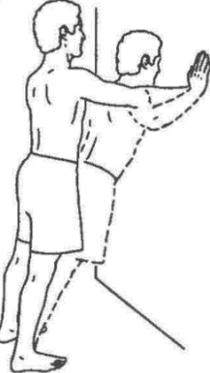


## Pre-operative Exercise Routine for Total/Partial Joint Replacement Patient

<p><b>HIP/KNEE – 11 Strengthening: Quadriceps Set</b></p>  <p>Tighten muscles on top of thighs by pushing knees down into surface. Hold <u>5</u> seconds.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p><b>HIP/KNEE – 17 Strengthening: Straight Leg Raise (Phase 1)</b></p>  <p>Tighten muscles on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p><b>HIP/KNEE – 24 Strengthening: Knee Flexion (Standing)</b></p>  <p>With support, bend knee as far as possible.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>
<p><b>TRUNK STABILITY – 9 Bridging</b></p>  <p>Slowly raise buttocks from floor, keeping stomach tight.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p><b>HIP/KNEE – 25 Strengthening: Wall Slide</b></p>  <p>Leaning on wall, slowly lower buttocks until thighs are parallel to the floor. Hold <u>5</u> seconds. Tighten thigh muscles and return.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p><b>HAND – 73 Elbow Extension: Chair Stand – Resisted</b></p>  <p>With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> sessions) per day.</p>
<p><b>HAND – 70 Wrist Elbow Flexion: Palm Up</b></p>  <p>With right arm straight, palm forward, holding <u>1-2</u> pound weight, bend elbow. Return slowly. Do on both sides.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p><b>SHOULDER – 81 Strengthening Wall Push-Up</b></p>  <p>Hands on the wall, arms slightly wider apart than shoulder width, and feet positioned at arms-length distance from the wall. Gently lean body toward the wall.</p> <p>Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	 <p style="text-align: center;">3385 Dexter Court, Suite #301 Davenport, Iowa 52807 Phone 563-344-6645 Fax 563-441-7796</p>