

Preparing for Your Joint Replacement

Your joint replacement surgery is coming up and now you may be asking, “What should I be doing to prepare?” or “What can I do now to recover faster after my surgery?”

These questions are commonly asked. Everyone wants to recover well and fast after joint replacement surgery. To live pain-free, without worrying about a knee giving way or having a limp could be your goals after your surgery. Below are some ways that can help you get ahead and reach your goals while you prepare.

- **Continue to move and exercise in a pain-free range of motion will help decrease pain and improve healing times after surgery**
 - Exercise that tends to be pain-free can be: walking (on flat and uphill surfaces), cycling
- **Perform strength and activation exercises to build a base for rehabilitation**
 - Movements that help improve muscle activation for the hip and knee include:

Knee Extensions



Sit-to-Stands



Glute Bridges



Straight Leg Raises



Calf Raises



- **Avoid triggers to your pain**
 - Triggers for knee pain usually include steep downhill walking, taking big steps (especially with fast walking, and keeping the knee completely straight or bent past 90 degrees for prolonged periods.