



Strathroy Middlesex General Hospital Site  
395 Carrie St., Strathroy, ON N7G 3J4

(519) 245-1550  
(519) 245-5295 (automated)  
(519) 245-0366 (fax)

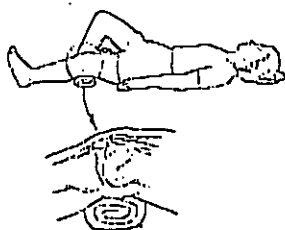
[www.mhalliance.on.ca](http://www.mhalliance.on.ca)

### EARLY POST-OP TOTAL KNEE EXERCISE PROTOCOL

1. Lie on back with legs straight.
2. Bend operated leg at hip and knee, sliding heel toward buttock. You may use a strap to help and/or sliderboard to help.
3. Hold 3 seconds, repeat 10 times, 3 times per day.



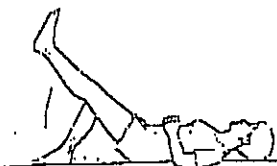
1. Lie on back with operated leg straight.
2. Place a small rolled towel under the knee of your operated leg.
3. Tighten your thigh and buttock muscles, pushing the back of your knee into the towel.
4. Hold 5 seconds, repeat 10 times, 3 times per day.



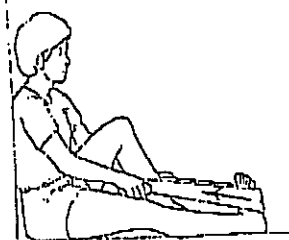
1. Lie on your back with roll under your knee.
2. Raise heel off floor until knee is straight. Keep the back of the knee on the roll.
3. Hold 5 seconds and slowly lower. Repeat 10 times, 3 times per day.



1. Lie on back with your operated knee straight and the other knee bent as shown.
2. Keep the leg completely straight, then raise it off the bed using your hip and thigh muscles.
3. Hold 5 seconds and slowly lower. Repeat 10 times, 3 times per day.



1. Lie on your back with legs straight.
2. Place a strap around the toes and pull them up toward the hip until you feel a comfortable stretch in the back of your leg.
3. Hold 15-30 seconds, repeat 5 times, 3 times per day.





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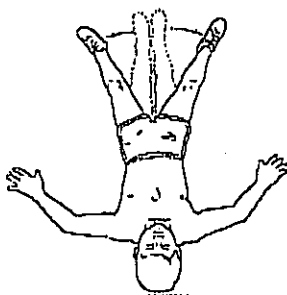
www.mhalliance.on.ca

## EARLY POST-OP TOTAL HIP EXERCISE PROTOCOL

1. Lie on back with legs straight.
2. Bend operated leg at hip and knee, sliding heel toward buttock. You may use a strap to help. DO NOT bend your hip past 90.
3. Hold 3 seconds, repeat 10 times, 3 times per day.



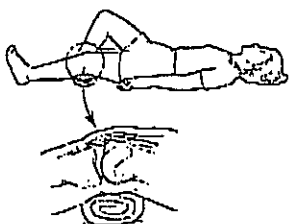
1. Lie on your back with legs straight.
2. Keeping the operated leg straight, toes pointing to the ceiling, slide it out to a comfortable limit, and then back to the centre. DO NOT allow operated leg to cross over midline.
3. Hold 3 seconds, repeat 10 times, 3 times per day.



1. Lie on your back with roll under your knee.
2. Raise heel off floor until knee is straight.
3. Hold 5 seconds and slowly lower. Repeat 10 times, 3 times per day.

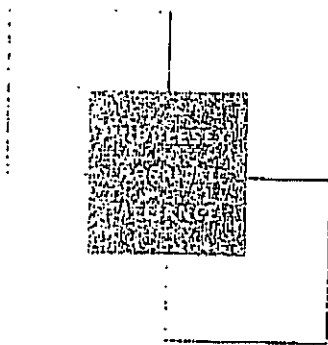


1. Lie on back with operated leg straight.
2. Place a small rolled towel under the knee of your operated leg.
3. Tighten your thigh and buttock muscles, pushing the back of your knee into the towel. Keep your knees slightly apart.
4. Hold 3 seconds, repeat 10 times, 3 times per day.



1. Lie on back with both legs bent as shown.
2. Tighten buttocks and raise them off floor as high as you can.
3. Keep pelvis level.
4. Hold 5 seconds, slowly relax. Repeat 10 times, 3 times per day.





Four Counties Health Services Site  
P.O. #3 Newbury, ON N3L 1Z6

519) 663-4441  
519) 663-7111 (voice mail)  
519) 663-7004 (fax)

[www.mh Alliance on ca](http://www.mh Alliance.on.ca)

Strathroy Middlesex General Hospital  
356 Garry St. Strathroy, ON N4A 3S1

(519) 245-1550  
(519) 245-5555 (voice mail)  
(519) 245-2356 (fax)

[www.mh Alliance on.ca](http://www.mh Alliance.on.ca)

### What you need to bring to the Hospital :

- Standard Walker (no wheels)
- Shoes/Slippers with rubber soles or grips
- Light weight robe
- You will need a cane or crutches at home to do stairs

### Physiotherapy expectations after your surgery:

- After your surgery you will be taken to the 2<sup>nd</sup> floor and placed into your hospital room
- Depending on how you are feeling the nursing staff may get you to stand at your bedside, sit you up in a chair, or may take you for a small walk.
- First day after surgery Physio will take you for a walk
- Those who have had Hip surgery will start exercises the first day after replacement
- Knee Replacement Patients will still have their zimmer splints on and will start exercises on the second day after surgery
- Exercises will be completed twice daily along with walking
- Expect to work hard on your exercises daily
- It is normal to experience pain with your exercises
- Upon discharge physio will give you exercises to be completed at home
- You will need to arrange out-patient physio when discharged from Hospital

### Length of Stay:

- Knees 4 days
- Hips 5 days

You need to arrange a ride home the day of your discharge by 11:00 am.