



Pre-Surgery Exercise Program

Prior to your surgery, in Joint Class your Physical Therapist will prescribe a program of exercises known as pre-habilitation.

Due to the pain and stiffness caused by arthritis, most patients who need a joint replacement have been unable to even minimally exercise for a long time. Your disability has likely affected you not only physically, but mentally, emotionally, and nutritionally as well. This extended period of inactivity has caused significant weakness in your legs and arms, which can make rehabilitation after joint replacement prolonged and difficult.

Your exercise program will give you a head start on breaking out of this cycle of decreased activity. These exercises will prepare you physically and mentally for surgery, as well as help you with the demands of post-operative recovery and rehabilitation. Practicing and performing these exercises daily, prior to surgery, will strengthen your arms and legs and better enable you to achieve a more rapid recovery.

Most of these same pre-surgery exercises will be incorporated into your therapy program. Having mastered these exercises well ahead of time will help you recover from your surgery in a more timely fashion.

Remember, the single most important participant in your health care team is you. Much of the result of your joint replacement surgery depends upon your own motivation and commitment to making a quick recovery. Participating in this pre-surgery exercise program is an extremely important first step in your road to recovery.