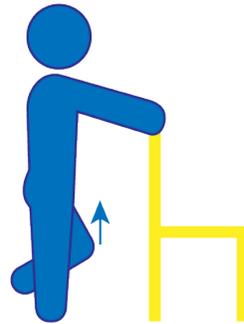


Hip/ Knee Joint Replacement Post-operative Functional Training

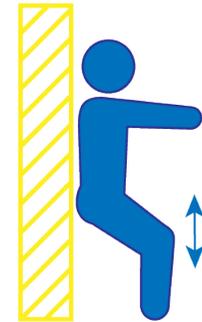
Single-leg balance

1. Stand in front of a handle or chair, gently hold onto the handle.
2. Lift your non-surgical leg and try to hold your balance.
3. Hold for 10 seconds, repeat 10 times.



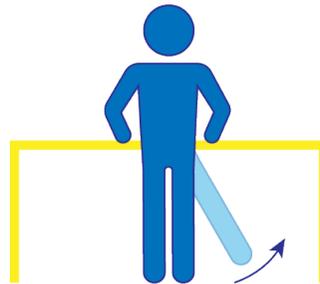
Wall squat

1. With your back against the wall, step forward one step with your feet apart, about a shoulder's width.
2. Slowly bend your knees to squat with your back against the wall.
3. Hold for 10 seconds; repeat 10 times.



Side kick

1. Stand in front of a handle or chair, gently hold onto the handle.
2. Keep your body straight, lift your leg to the side.
3. Hold for 5 seconds; change to the other side; repeat 10 times.



Forward step up

1. Stand facing the lowest step of a staircase and hold on the rail.
2. Step up the lowest step, surgical leg first, then non-surgical leg.
3. Step down the lowest step, non-surgical leg first, then the surgical leg.
4. Continue stepping for 1 minute.



Sit-stand exercise

1. Sit on a sturdy chair.
2. Cross your arms in front of your chest, stand up, and then sit down slowly.
3. Repeat 10 times.



Forward step down

1. Stand on the lowest step of a staircase, facing downwards and hold on the rail.
2. Step down the step, non-surgical leg first, then surgical leg.
3. Step up the step, surgical leg first, then non-surgical leg.
4. Continue stepping for 1 minute.



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Dept. of Orthopaedics & Traumatology
and
Physiotherapy Department

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