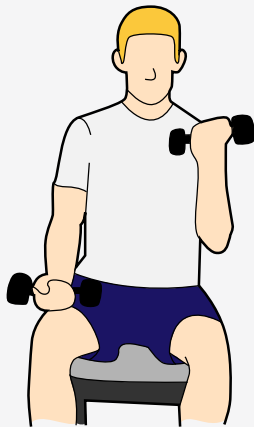
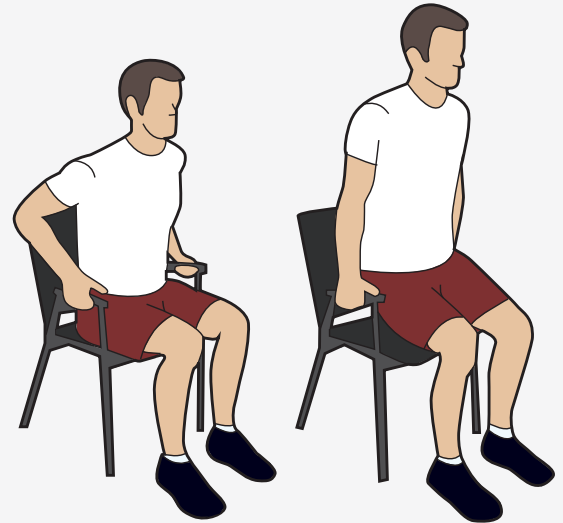


The following are exercises you can do prior to surgery and during your recovery to help with upper body strength and lower body mobility.

Press Ups in Chair

- 1 While sitting in a chair with arm rests, push yourself upwards so that you lift your buttocks off the chair. Hold for five (5) seconds.
- 2 Then lower down controlled back to normal seated position.
- 3 If you are unable to lift yourself up, you can perform "pressure releases" so that you simply push to take some weight off your buttocks.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day. Remember to comply with your weight restrictions following surgery.

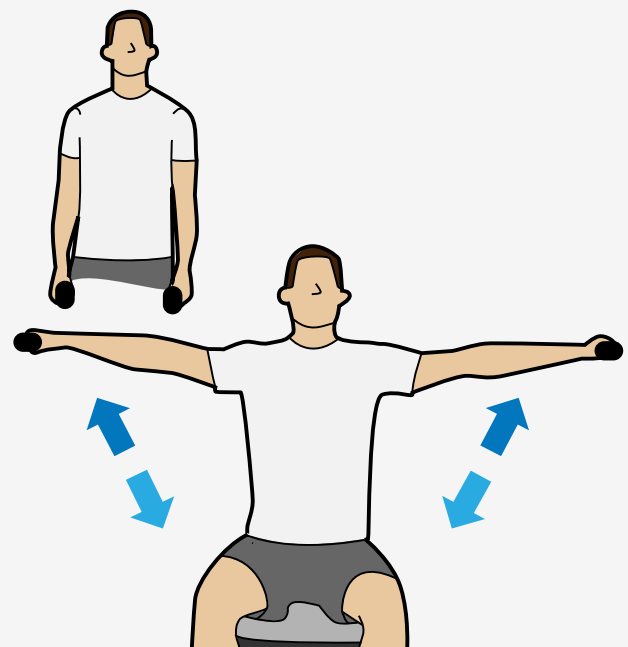


Seated Bicep Curls

- 1 While sitting in a chair and holding free weights on each thigh, lift one side while bending at the elbow.
- 2 Perform on one side and then alternate to the other side.
- 3 Complete one (1) set of 10 repetitions, three (3) times per day.

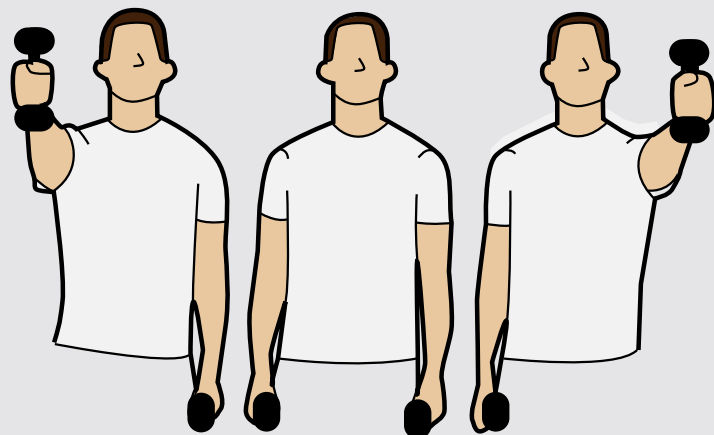
Lateral Raise

- 1 While sitting in a chair and holding a dumbbell in both hands with your elbows straight, raise your arms up from your side with the palms facing downward.
- 2 Lower and repeat.
- 3 Do not let your shoulder shrug upwards and do not go over shoulder level height.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.



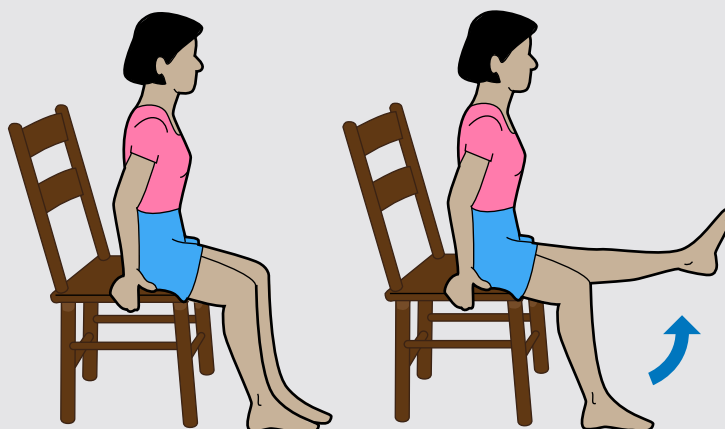
Forward Raise

- 1 While sitting in a chair, hold a free weight in both hands with your elbows straight and down by your side. Your palms should be facing inward towards the side of your body.
- 2 Next, slowly raise one of them up in front of your body. Then lower to starting position and then repeat on the other side. Alternate to the other side after each repetition.
- 3 Do not let your shoulder shrug upwards unless instructed to go over shoulder level height.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.



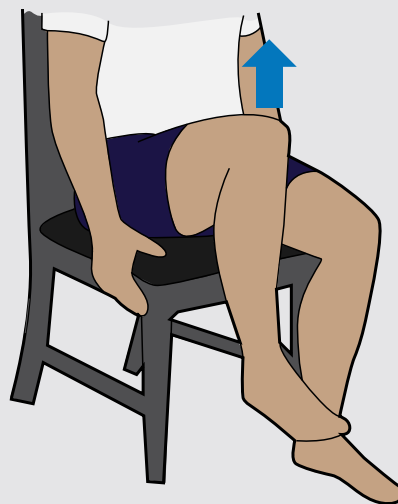
Long Arc Quad

- 1 While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.
- 2 Hold for three (3) seconds. Repeat with opposite leg.
- 3 Complete one (1) set of 10 repetitions, three (3) times per day.



Seated Marching

- 1 While seated in a chair, lift up your foot and knee.
- 2 Set it down and then perform on the other leg.
- 3 Repeat this alternating movement.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.



Once your doctor advanced your activity, physical therapy can assist with flexibility, strength, and returning to your day-to-day mobility. If you have any questions, please call the OrthoNebraska Physical Therapy team at (402) 609-1750.