

A guide to

Being Active

whilst waiting
for your **Joint replacement**



Being Active is good for our Physical & Mental Wellbeing

This guide will help find you ways to build activity into your day:



This will improve your recovery & your outcome.



Also it will help you pass pre surgical assessment.

Safety



Clear clutter



Keep something close by for support (Kitchen surface or dining table)



Have a glass of water



Keep a telephone close by



Pace yourself – slow is steady and steady is fast



STOP & REST - if you experience sharp pain anywhere or dizziness



ALWAYS warm up by gently moving your body



It is common for muscles to feel stiff – This is just your body responding to increased movement

Ways to build activity into your day

As well as doing these exercises 2-3 times a week, try to avoid any long periods of inactivity or sitting down and find ways to build movement into your day every day. Any movement is good, particularly if it makes you feel a little bit warm and makes you breathe a little faster. Here are some ideas of ways to stay Active at Home:



Dancing



Cleaning



Gardening



Going up and down stairs



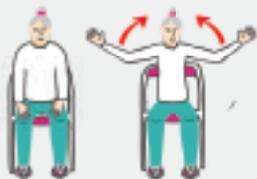
Stretching

Exercises

- Start with as many as you can do comfortably and try to increase it every time
- However it's okay and normal to have setbacks if this is the case try and maintain the amount you do.

Seated Strength and Balance Exercises

Arm Raises



Raise your arms out to the side and above your head, then slowly lower back down.

Make this harder by:

Going very slowly and hold for 1 second before you lower your arm down.

Alternate Leg Extensions



Straighten out one leg in front of you then lower slowly back down.

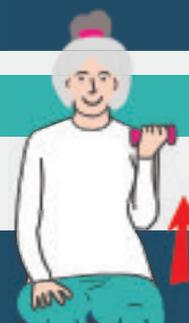
Make this harder by:

Lifting the leg slightly off the chair as you straighten it.

Arm Curls

Keep elbows into your sides, bend one arm up then slowly lower. Start with 3 on each side then build up.

Make this harder by: Using a tin or a light weight



Standing Strength and Balance Exercises

Mini Squats

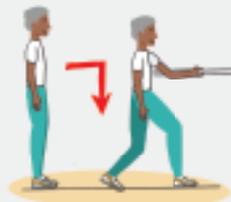


Stand tall; slowly bend your knees keeping your body up right. Push up and return to standing.

Make this harder by:

Hold the squat for longer.

Small lunges



Take a small step forward and bend both knees. Push back into standing.

Make this harder by:

Stepping further forward ensuring you return from the lunge position in one steady step backwards.

Heel/toe raises



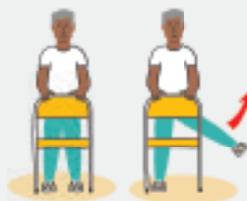
Standing on both legs push up onto your toes slowly, then slowly lower back down.

Try and maintain good posture.

Make this harder by:

Repeating the exercise with one leg and use a surface for support

Sideways Leg lift



Lift one leg slowly out to the side keeping your upper body straight and your toes pointed forward. Then slowly lower back down.

Make this harder by:

Going slower.

How to do an exercise Referral

Exercise Referral at Graves & Thorncliffe with Move More

If you feel you can do more than this leaflet or want more support why don't you do an exercise referral? Our friendly, dedicated and specially trained staff at Graves will provide ongoing support during a 12-week programme.

You will agree a personal plan together which considers your medical conditions, preferences and interests, and your lifestyle. This could be funded if you're in receipt of PIP, DLA, Pension credit, Carers Allowance or Universal Credit. Even if it's not funded it is discounted.



To book please call: 0114 283 9900

Bring your NHS Letter confirming surgery and anything to show your benefits.



Managing Pain

See a Doctor or GP Straight away if, you feel feverish or unwell, or you've been losing weight and this hasn't resolved in 2 weeks.

Painkillers

- ✓ Household painkillers like paracetamol & ibuprofen may help with the pain.
- ✓ Make sure you check with a pharmacist if you can take ibuprofen.
- ✓ Take painkillers at the recommended dose.
- ✓ If they haven't helped after two weeks speak to your GP.

Reducing the Strain

- ✓ Avoid sitting in low chairs.
- ✓ Don't carry extremely heavy weights.
- ✓ When going up stairs put your good leg up first and use the hand rail.
- ✓ When going downstairs put your sore leg down first and use the hand rail.

Heat & Ice Packs

Heat – Is effective and safe. Use wheat bag pads or hot water for around 20 minutes. Take Care not to burn yourself by placing a towel between your skin and the heat source.

Ice - Take care and don't use ice on bare skin (use a towel). Keep checking the colour of your skin. If it's pink or red remove the ice pack and do not ice any longer than 20 minutes.

Sleeping Better

- ✓ Use some of our ideas to exercise & Stretch
- ✓ A pillow between your knees supports your legs when you sleep
- ✓ Have a hot bath, or use a heat pad on the sore joint before you sleep

Keeping connected to friends & family

- ✓ Keep in touch with loved ones and try and see friends outside, if Covid 19 restrictions allow.
- ✓ Focus on what you can do, instead of what you can't do
- ✓ Ask your local leisure centre if there are community groups local to you.
- ✓ Versus Arthritis has a helpline, you do not have to face this alone. Advisors can bring all the information and advice about arthritis into one place to provide tailored support for you.

Versus Arthritis Helpline
0800 5200 520

Care alarms

Helps you keep you safe & independent in your home. If you need assistance simply press the alarm button worn on you and it alerts staff who will contact relatives, a neighbour or the emergency services.

Please telephone City Wide

Care Alarms on
0114 2420351



City care alarms are run by Sheffield city council.



This Booklet has been jointly prepared by the National Centre for Sport & Exercise Medicine Sheffield & Sheffield Teaching Hospitals to provide information and support to stay physically active and manage pain whilst waiting for surgery. It has been tailored to support patients with hip and knee arthritis. We would like to thank Move More for their 'Active at home booklet' which provided the illustrations and movement advice. Both parties have taken reasonable endeavours to ensure that the content of this booklet is to the best of their knowledge accurate at the time of printing. However it is not to be perceived as professional advice. If exercise causes concerns for any health conditions please speak to your GP or healthcare professionals. Readers who rely on the information of this booklet do so at their own risk. Neither Sheffield Teaching hospitals or the Centre shall be held liable or responsible for any injury, loss or damage of any kind including without limitation any indirect or consequential damages.