CURRENT TRENDS IN REHABILITATION:
Joint Replacement Gait Assistance Exercises

The following exercises are indicated for joint replacement patients in their first six weeks postoperatively and/or more if they have not achieved proper gait goals.

EXERCISES

WALL SLIDE

<table>
<thead>
<tr>
<th>Setup.</th>
<th>Face the wall with arms outstretched touching the wall.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement.</td>
<td>Look up, then slide up. Exhale at the top and tighten the gluteus.</td>
</tr>
</tbody>
</table>

Step 1.

Step 2.

ALTERNATE WALL SLIDE

<table>
<thead>
<tr>
<th>Setup.</th>
<th>Face the wall. Stand on uninvolved leg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement.</td>
<td>Slide opposite arm up while raising involved side leg.</td>
</tr>
</tbody>
</table>

Step 1.

Step 2.

Step 3.

Step 4.
CURRENT TRENDS IN REHABILITATION:
Joint Replacement Gait Assistance Exercises

EXERCISES

RETRO STEPS

Setup.
Stand in a tandem stance (feet together) and take a step back with the involved leg.

Movement.
Shift weight into back heel, then dorsiflex the front foot. Add more by raising the involved side arm overhead.

Step 1.
Step 2.

ARM SWING TO FACILITATE OPPOSITE HIP

Setup.
Begin in a relaxed standing position.

Movement.
Weight shift, step, and raise are at the same time.

Step 1.
Step 2.

STAND TALL

Setup.
Tandem stance with the involved leg forward.

Movement.
Have the therapist cue the patient to stand tall by firing the involved side gluteus.

Step 1.
Step 2.