

Dear patient,

after your surgery, it is important to get moving again as soon as possible. We would like to provide you with simple, joint- friendly exercises that you can start doing right away. Begin with small goals and exercise for 10 minutes each day, rather than 2 hours once a week..

Perhaps with your favorite music to help motivate you!

1. **Getting out of bed** (after surgery, but also as a back- friendly alternative in general)
→ Turn onto your side with your legs bent and push yourself up using your hands to sit up.



2. **Walking in place with arm variations**

→ Arms in front, bent, or raised sideways, moving up and down.
Start: The length of one song, later you can increase the duration.



3. Wall push- ups

- ➔ Stand an arm's length away from the wall, hands at chest height, buttocks and stomach tensed (body remains firmly in line) to avoid arching your back!
Start: 3x5 push-ups, increase over time.



4. Chair squats

- ➔ Feet hip-width apart, chest out, shoulders back, and push your hips back. Only squats as deep as you can without pain!
Start: 3x5 squats, increase over time.



We also recommend joint- friendly sports like cycling, swimming, or Nordic walking on soft ground.