

Exercises, Podcasts, and Videos

The following resources are intended to only provide basic information. They are *not* intended to be all-inclusive information for your surgery. Each surgeon will have their specific instructions for your individual surgery. Please contact your surgeon directly to discuss your specific questions.

Exercise Guidance before and after surgery

[Home \(aahks.org\)](https://aahks.org)

[Exercise | Hip and Knee Care \(aahks.org\)](#)

Hip Replacement

[Total Hip Replacement | Hip and Knee Care \(aahks.org\)](#)

[Hip Exercises | Hip and Knee Care \(aahks.org\)](#)

Knee Replacement

[Total Knee Replacement | Hip and Knee Care \(aahks.org\)](#)

[Knee Exercises | Hip and Knee Care \(aahks.org\)](#)

Podcasts

[Podcast Recordings | Hip and Knee Care \(aahks.org\)](#)

[Discharge Options After Joint Replacement | AAHKS](#)

Videos

[Videos | Hip and Knee Care \(aahks.org\)](#)

The above educational material is cited from:

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