



Ortho Group Exercise Program

Targeted Hip & Knee Rehabilitation

Patients preparing for or recovering from:

- Hip replacement
- Knee replacement
- Arthroscopic procedures
- Ligament reconstructions
- Osteoarthritis management

Contact Us

Active Health Portland

◆ Address:

148-150 Percy Street
Portland VIC 3305

◆ Phone:

(03) 4504 2515

◆ Website:

www.activehealthportland.com.au

◆ Email:

reception@activehealthportland.com.au

Welcome to Your Recovery Journey

Hip and knee injuries or surgeries can be life-changing. Our physiotherapy rehabilitation program is designed to help you regain strength, improve mobility, and return to the activities you love — safely and effectively.

Whether you're recovering from joint replacement surgery, managing osteoarthritis, or healing from an injury, we're here to guide you every step of the way.



What we offer:

- Individualised physiotherapy supervision
- Evidence-based group exercises
- Safe, supportive environment
- Focus on mobility, strength & function
- Education on joint protection strategies

Program Benefits:

- ✓ Reduce joint pain and stiffness
- ✓ Improve range of motion
- ✓ Build lower limb strength
- ✓ Enhance walking and daily function
- ✓ Support recovery before and after surgery



Hip Rehabilitation

Goal: Restore mobility, strength, and function while reducing pain after surgery (e.g. hip replacement) or injury.

Phase 1: Early Recovery
(0–2 weeks)

Focus: Pain control, safe mobility, and joint protection

Activities: Isometric exercises (glutes, quads), walking aids, basic ROM

Phase 2: Strength & Mobility (2–6 weeks)

Focus: Improve walking and begin strengthening

Activities: Theraband exercises, balance drills, sit-to-stand, step-ups

Phase 3: Functional Training (6–12 weeks)

Focus: Build endurance and normalize movement

Activities: Resistance training, core work, gait re-training, proprioception

Phase 4: Return to Activity (3–6 months)

Focus: Full recovery and injury prevention

Activities: Advanced strength training, agility work, lifestyle education



Key Principles:
Gradual progression,
joint health, personalised
goals, and evidence-based
exercise under
physiotherapy guidance.



Knee Rehabilitation

Goal: Reduce pain and ,swelling, restore knee function and improve strength balance , and mobility

Phase 1: Early recovery.
(0-2weeks)

,Focus: Decrease pain/swelling
begin gentle movement

Activities: ice and elevation, Ankle pumps, quad sets, straight leg raises, Assisted knee bending (heel slides) Walking with aid

Phase 2: Mobility & Strength (2–6 weeks)

Focus: Increase ROM, begin strengthening

Activities: Stationary cycling, Mini squats, step-ups, Theraband leg exercises, Gait re-training

Phase 3: Functional Strength (6–12 weeks)

Focus: Improve leg control and build endurance

Phase 4: Return to Full Function (3–6 months)

Focus: Resume daily/sporting activities, prevent re-injury