

Let's Move for Surgery

Surgery Toolkit

Partner Implementation Plan

The lives of many people waiting for hip and knee replacements are on hold as waiting times for surgery have risen to record levels during the pandemic.

Waiting months for surgery, let alone years, can be devastating for people with arthritis whose physical and mental health are worsening by the day, slowly eroding their independence. Research has found people's quality of life significantly deteriorates after six months of waiting for a joint replacement operation.

Versus Arthritis is launching a new 'surgery toolkit', as part of its innovative and popular 'Let's Move' exercise programme, to support the growing number of people waiting for, or undergoing, joint replacement surgery.

Currently the NHS Backlog – people waiting for NHS treatment – is at record levels, with over 7 million people in England alone.

Keeping active has been shown to help reduce pain and improve joint function in people with arthritis, but it is also important to try and stay as fit and healthy as possible ahead of an operation.

Let's Move for Surgery is packed with physical activities to help people keep moving when they're waiting for or recovering from joint replacement surgery.

We have created tailor-made, follow-along exercise routines for hip, shoulder and knee replacement, as well as full body workouts to help maintain overall fitness.

We also explore personal stories and advice from those living with arthritis who have been through joint replacement surgery, as well as tips on keeping active from a physiotherapist.

All videos are now available on our [website](#) and [You Tube](#) channel.

How can you help?

We have the following ways you can share the content and resources with local people, partners and stakeholders you are engaged with.

- Share this partner implementation plan via your newsletter.
- Share the webpage link directly with people waiting for surgery.
(www.versusarthritis.org/surgery-toolkit)
- Share the content links directly with healthcare professionals you are engaged with.
- Share our website link on your website.
- Contact us if you would like copies of the Let's Move for Surgery booklet.
- Contact us if you would like DVD copies of Let's Move with Leon.
- Share our Helpline telephone number: 0800 5200 520

- Stay up to date with what's happening by signing up to the Let's Move newsletter [Let's Move sign up - Step 1 \(versusarthritis.org\)](https://www.versusarthritis.org/let-s-move/sign-up-step-1)

What does Let's Move for Surgery include?

Movement videos:

Hip replacement exercises for before and after surgery

In this 15-minute follow-along exercise video, physiotherapist Milly Abdullah is joined by Lin who lives with arthritis and has undergone a hip replacement. Together they demonstrate the recommended stretching and strengthening exercises for before and after hip replacement surgery.

Knee replacement exercises for before and after surgery

Daljit, who is awaiting knee surgery, joins Milly to demonstrate exercises which are designed for before and after knee replacement surgery.

Shoulder replacement exercises for before and after surgery

In this 15-minute follow-along video, physiotherapist Milly is joined by Chris who lives with arthritis and is awaiting shoulder replacement surgery. Together they demonstrate stretching and strengthening exercises for before and after shoulder replacement surgery.

Full body strengthening around the home for before and after surgery

In this 10-minute follow-along routine, Keith joins Milly to demonstrate strengthening exercises you can add to your daily routine around the home. These exercises focus on strengthening the whole body, including the quads, glutes and shoulders. Milly and Keith demonstrate different versions of the exercises so you can make them work for you. They also recommend making physical activity a habit by attaching it to other habits in your daily routine.

Cardio workout for before and after surgery

This movement video is for those with arthritis who are undergoing different types of surgery, such as joint replacement. The follow-along routine is designed for daily use and can also be completed in short bursts throughout the day. Once you are familiar with the exercises, why not add each one into your daily routine?

Personal stories and advice videos:

Why movement is so important before surgery

In this video you will learn more about the mental and physical benefits of keeping active while you wait for surgery. Keir, Sue, Lin and Leony, who all live with arthritis, describe their experiences and the impact that keeping moving had on their lives and their joint replacement surgeries.

Why movement is so important after surgery

Keir, Sue, Lin and Leony share their experiences of recovering from joint replacement surgery and how keeping active was key to their recovery. They describe what physical activities worked for them and offer tips and advice on how to get started, stay motivated as well as the long-term benefits.

How to keep active whilst waiting for surgery

Physiotherapist Milly provides advice on some of the best ways to keep active ahead of surgery including; how to get started, how to make exercise work for you, how to form an exercise habit, and the importance of listening to your body and your healthcare professionals. Sue, Leony and Keir also share what worked for them as they prepared for surgery.

Why it's important to keep joints mobile before and after surgery

This animation illustrates the benefits of exercising and what happens to the joint when we exercise.

How to use Let's Move with Leon while waiting for surgery

The [Let's Move with Leon](#) series wasn't specifically made for people waiting for surgery, but it contains many useful strengthening exercises. In this short video, physiotherapist Milly explains how the series can be used and what you should consider when trying it.

Let's Move for Surgery booklet

This short booklet includes tips and advice from healthcare professionals and people living with arthritis who have been through surgery. It also contains an activity tracker where you can record your exercise goals and progress.

Notes:

Let's Move for Surgery is part of Let's Move, which is a funded programme by Sport England.