THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

HAD A *JOINT REPLACEMENT?* YOU CAN STILL TRAIN!

A joint replacement doesn't necessarily mean saying goodbye to the gym.





For many active people, returning to strength training after a joint replacement is an important part of getting back to the lifestyle they enjoy.

The key is knowing when and how to progress. Your new joint needs time to recover, while your surrounding muscles need to rebuild strength and capacity after surgery. It's important to gradually reintroduce resistance and challenge your body without placing unnecessary stress on the recovering joint.

The right exercises and progression will depend on the type of surgery, your recovery, current strength and individual goals. With the right guidance, strength training can help you regain confidence in your movement and work towards returning to the gym, sport and the activities you love.







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TIPS FOR RETURNING TO THE GYM

- **Follow Your Surgeon's Restrictions:** Give your body time to heal and make sure your early rehabilitation follows your surgeon's advice.
- **Start With Control:** Focus on good technique, movement quality and rebuilding basic strength before progressing to heavier weights.
- **Progress Gradually:** Increase resistance and exercise difficulty as your strength, mobility and confidence improve.
- **Train For Your Goals:** Whether it's returning to golf, tennis, hiking or general gym training, your program should eventually reflect the activities you want to get back to.

WHEN YOU SHOULD SEEK HELP?

If you're unsure which exercises are appropriate, struggling to regain strength or experiencing ongoing pain or swelling, a physiotherapist can help guide your recovery. It's also worth getting support if you're unsure how to safely progress your gym program.

We can help you transition from post-surgery rehabilitation to the gym. Book a consult today!