

Post-Operative Exercise Program

Your weight bearing status is _____

Your exercise program has been marked. Repeat each exercise _____ times a day as shown. Don't hold your breath while performing these exercises.

ANKLE PUMPS

Point your foot down, then pull your foot up.

Repeat _____ times.



QUAD SETS (thigh tightening)

Lie on your back. With hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold at least 5 counts, then relax.

Repeat _____ times.



BUTTOCK SQUEEZE

Squeeze your buttocks together. Hold for at least 5 counts, then relax.

Repeat _____ times.



HEEL SLIDES

Lie on your back. Slide your heel up toward your buttocks, then slide it back down. Do not lift your heel from the bed.

Repeat _____ times.



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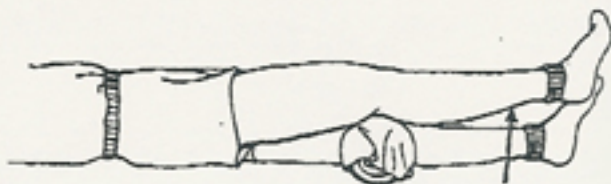
Repeat _____ times.



SHORT ARC QUAD

Lie on your back. With knee bent over towel roll, raise your foot until the knee is straight. Hold for 3-5 counts. Then let it down slowly.

Repeat _____ times.



STRAIGHT LEG RAISE

Bend the opposite hip and knee with foot flat on the bed to protect your back. Tighten your thigh muscle of the operated leg, then lift 6-12 inches while keeping the knee straight. Lower your leg slowly.

Repeat _____ times.



KNEE FLEXION WHILE SITTING

Sit in a firm chair with your hips level. Slide your heel back, bending your knee as far as you can.

Then keep your operative foot firmly in one place on the floor and slowly scoot your buttocks out toward the edge of the chair. Hold for the count of 10.

Repeat _____ times.

