

Ankle Pumps

Perform PreSurgery

Perform PostSurgery



Gently bend ankles up & down pointing toes away from knees, then pulling them back towards knees. Move through full range of motion.

Repeat ____ times. Do ____ sessions a day.

Quadriceps Sets

Perform PreSurgery

Perform PostSurgery



Place a small rolled towel under back of knee (discontinue towel roll when no longer needed for feedback) Tighten muscles on top of thigh (XXX) pushing the back of knee down, into towel. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Gluteal Sets

Perform PreSurgery

Perform PostSurgery



Lying on back with legs straight, tighten buttock (XXX) muscles. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Short Arc Quads

Perform PreSurgery

Perform PostSurgery



Place rolled pillow or towel under back of knee. Straighten leg from knee down by tightening muscles (XXX) on top of thigh. Keep back of knee in contact with roll at all times.

Repeat ____ times. Do ____ sessions a day.

Total Hip & Knee Exercises



Adaptive Equipment Corner, LLC
AECorner15@gmail.com
(P)618-206-8401

Heel Slides

Perform PreSurgery

Perform PostSurgery



Bend knee, pulling heel toward buttocks through FULL range of motion. Slide heel back out until leg is fully straight.

Repeat ____ times. Do ____ sessions a day.

Heel Slides w Assist

Perform PreSurgery

Perform PostSurgery



With PROFlex strap, sheet or belt pull heel toward buttocks, bending knee until feeling a stretch. Hold 5-10 seconds.

Repeat ____ times. Do ____ sessions a day.

Hip Abduction/Adduction

Perform PreSurgery

Perform PostSurgery



Keeping leg straight and toes pointed toward ceiling, bring leg out to the side and back in. **DO NOT** pass midline of body when bringing leg back in.

Repeat ____ times. Do ____ sessions a day.

Straight Leg Raise

Perform PreSurgery

Perform PostSurgery



Bend opposite knee, placing that foot flat. Flex foot, pointing toes toward ceiling. Tighten muscles on top of thigh (XXX). Keeping knee straight. Slowly lift leg up 8-10 inches not raising any higher than opposite bent knee.

Repeat ____ times. Do ____ sessions a day.