

Seated Calf Stretch with Strap

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin sitting in an upright position with a strap looped around the ball of one foot and your leg straight.

Movement

- Pull upward on the strap, bending your foot toward your body, until you feel a stretch in the back of your calf and hold.

Tip

- Make sure to maintain an upright posture and keep your knee straight during the stretch.

Long Sitting Hamstring Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Clinician Notes:

Do not bounce!

Setup

- Begin sitting upright on the ground with one leg straight out toward your side and the other leg bent with the bottom of your foot on the inside of your opposite thigh.

Movement

- Hinging at your hips, slowly reach your hands toward your foot until you feel a stretch in the back of your leg, and hold.

Tip

- Make sure to keep your bottom on the ground and your back straight during the stretch.

Seated Hamstring Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin sitting upright with your hands on your hips and one leg straight in front of you on the floor.

Movement

- Slowly bend your trunk forward until you feel a stretch in the back of your thigh and hold.

Tip

- Make sure to keep your back straight during the exercise.

Supine Quad Set

reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Clinician Notes:

Relax for 10 seconds between each rep

Setup

- Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

- Make sure to keep your back flat against the floor during the exercise.

Sidelying Hip Abduction
 reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



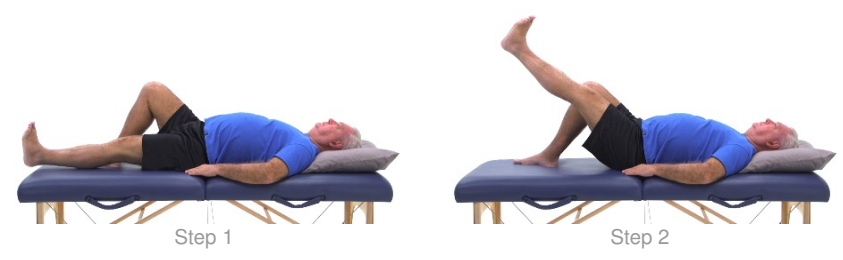
- Setup**
- Begin lying on your side with your top leg straight and your bottom leg bent.
- Movement**
- Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.
- Tip**
- Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

Sidelying Hip Adduction
 reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



- Setup**
- Begin by lying on your side with one knee bent and your foot resting in front of your other leg.
- Movement**
- Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.
- Tip**
- Do not let your hips roll backward or forward during the exercise.

Supine Straight Leg Raises
 reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



- Setup**
- Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.
- Movement**
- Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.
- Tip**
- Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

Seated Long Arc Quad
 reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



- Clinician Notes:**
 It is ok if your knee does not completely straighten at first, as long as you feel the muscle working.
- Setup**
- Begin sitting upright in a chair.
- Movement**
- Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.
- Tip**
- Make sure to keep your back straight during the exercise.

Supine Quadricep Sets

reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your back on a bed or flat surface with your legs straight.

Movement

- Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

- Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Wall Squat

reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

- Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

- Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.