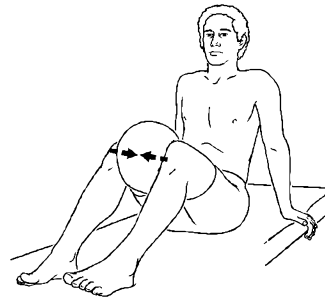


HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric

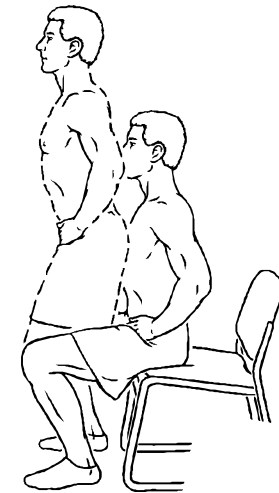


With ball or folded pillow between knees, squeeze knees together. Hold 5 seconds. **DO EXERCISE LYING FLAT ON YOUR BACK.**

Repeat 10-15 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

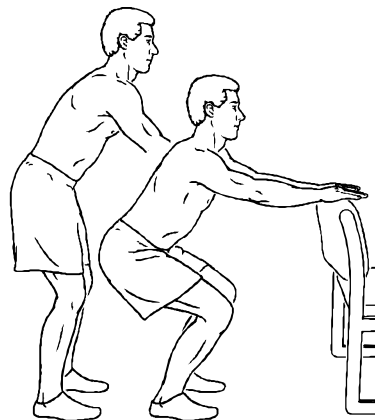
Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully. **IF YOU ARE 50% WB OR GREATER.**



Repeat 10-15 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

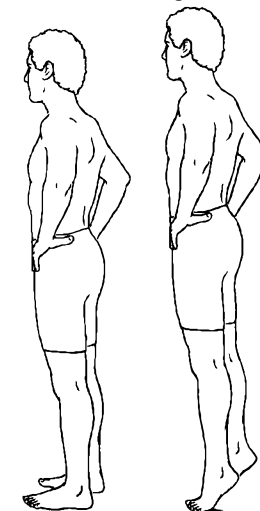
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary. **IF YOU ARE 50% WB OR GREATER**



Repeat 10-15 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

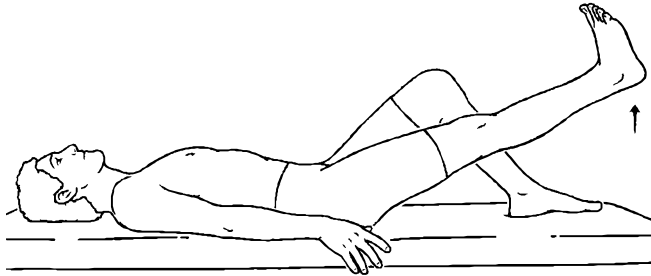
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet. **HOLD ONTO COUNTER OR CHAIR FOR BALANCE.**



Repeat 10-15 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

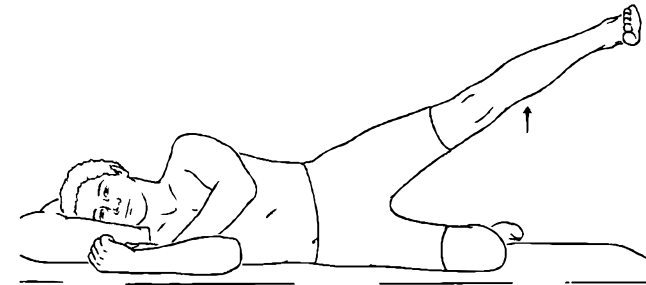
HIP / KNEE - 17 Strengthening: Straight Leg Raise
(Phase 1)



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.
ADD THIS EXERCISE 4-6 WEEKS AFTER SURGERY.

Repeat 10-15 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

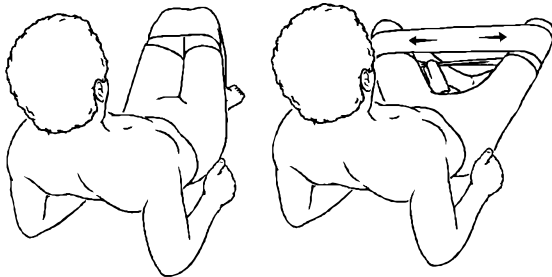
HIP / KNEE - 21 Strengthening: Hip Abduction
(Side-Lying)



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.
ADD THIS EXERCISE 4-6 WEEKS AFTER SURGERY.

Repeat 10-15 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted

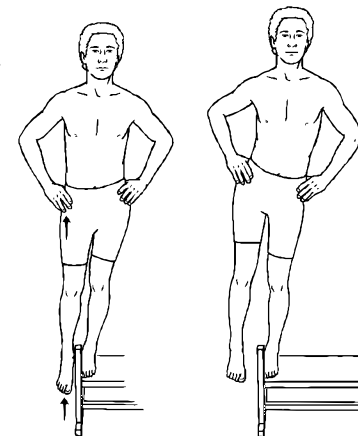


With band looped around both legs above knees, push thighs apart.
ADD EXERCISE 4-6 WEEKS AFTER SURGERY.
DO NOT ALLOW KNEES TO TOUCH.

Repeat 10-15 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

HIP / KNEE - 56 Hip Hike

Stand on step with involved leg, knee straight. Raise unsupported hip, keeping knee straight.
ONLY DO THIS EXERCISE IF YOU ARE WBAT OR 100% WB.



Repeat 10-15 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.