

BRIDGE



While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your hips off the floor/bed as creating a "Bridge" with your body. Hold for 3 seconds, then lower yourself slowly and repeat.

Video # VVTJZ7GYR



Repeat 10 Times

Hold 3 Seconds

Complete 1 Set

Perform 2-3 Times a Day



STEP UP - FORWARD

Start by standing in front of a step with both feet on the floor. Step forward up the step with your surgical leg and then the other leg using the railing or wall for light support. Lower back down to the floor leading with the non-surgical leg (surgical leg first up and last down).

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 2-3 Times a Day



STEP UP - LATERAL

Start by standing in front of a step with your surgical leg toward the step and both feet on the floor. Step forward up the step with your surgical leg and then the other leg using the railing or wall for light support. Lower back down to the floor leading with the non-surgical leg (surgical leg first up and last down).

Video # VVAWKDKCN

Repeat 10 Times

Hold 1 Second

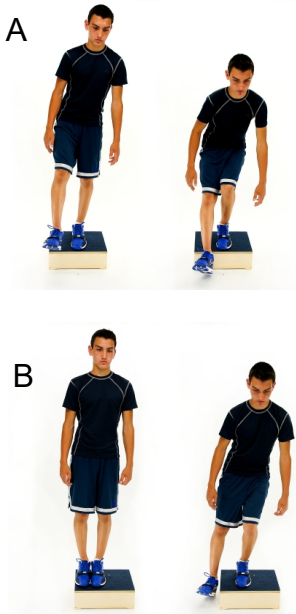
Complete 1 Set

Perform 2-3 Times a Day

General Exercise Tips:

- Start easy and build up as you tolerate.
- Be sure to breathe throughout the exercises. Counting out loud can help to prevent breath holding.
- Exercise doesn't have to hurt in order to be beneficial. Be aware of your pain threshold and adjust as needed to avoid over-exertion.
- Using ice and elevation your surgical leg after exercises can help to control your pain and swelling.

STEP DOWN - FORWARD AND LATERAL



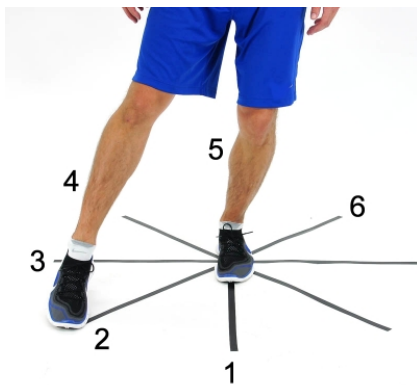
- A) Start by standing on top of a short step with both feet. Next, slowly lower the non-surgical leg down forward off the step to lightly touch the heel to the floor (surgical leg does the work to lower). Then return to the original position with both feet on the step.
- B) Turn so your non-surgical leg near facing the step edge. Repeat for another set lowering sideways off the step to tap the floor in the same manner.

Maintain proper knee alignment by keeping surgical knee in line with the toes and not passing forward of the toes. Only lower as far as you can without compensating. Videos # VVWTD2U5R & VVBA2KGN7

Repeat 3-4 Times - each direction
Complete 1 Set

Hold 1 Second
Perform 2-3 Times a Day

SINGLE LEG STANCE - CLOCKS



Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position. Next, touch position 2 and return. Continue this all the way to position 6. Repeat with the other side.

Maintain a slightly bent knee on the stance side.
Video # VVSAM8NNY

Repeat 3-4 Times - each side
Complete 1 Set

Hold 1 Second
Perform 2-3 Times a Day

COUNTER WALKING



- A) Stand in front of a counter or table. Place your hands lightly on the surface for balance. While keeping your shoulders facing forward, walk sideways along the counter to the edge. Repeat in the other direction.
- B) Stand sideways to the counter with one hand lightly on the surface for balance. Walk along the counter with one hand support to simulate the transition to a cane. Repeat in the other direction.

Avoid bending sideways at your trunk. Keep your body upright with good posture throughout the entire exercise.

Repeat 3-4 Times - each direction
Complete 1 Set

Perform 2-3 Times a Day