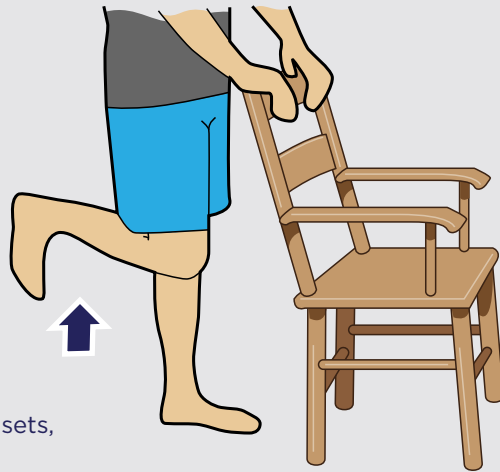


Comments: Progress your walking time. Work towards 10 minute walks using appropriate assistive device 2-3 times a day. Stop if you are limping or if the exercise is painful. Once the initial exercises are easy to perform, begin the following exercise progression. If the exercises become painful, stop the exercise.

Standing Hamstring Curls (typically begins week one or two)

- 1 While standing, bend the knee of your operative leg so that your heel moves towards your buttock.
- 2 Lower back down until making contact with the floor. Keep your knees in line with one another.
- 3 Repeat **10 times**. Complete two sets, three times a day.



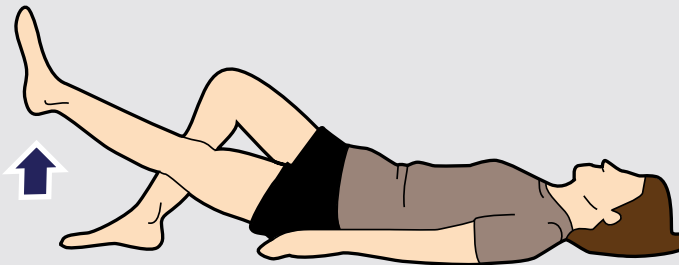
Squat with Chair (typically begins week one or two)

- 1 Place a chair behind you for safety.
- 2 While standing with your feet shoulder width apart and in front of a stable support for balance assist, if needed. Bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet.
- 3 Return to standing position. Your knees should bend in line with the 2nd toe and not pass the front of the foot.
- 4 Repeat **10 times**. Complete two sets, three times a day.



Straight Leg Raise (typically begins week three)

- 1 While lying on your back, raise your operative leg up with a straight knee.
- 2 Keep the opposite knee bent with the foot planted on the ground.
- 3 Repeat **10 times**. Complete two sets, three times a day.



Bridging (typically begins week three)

- 1 While lying on your back with your knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as you create a 'bridge' with your body.
- 2 Hold for five seconds and then lower yourself.
- 3 Repeat **10 times**. Complete two sets, three times a day.

