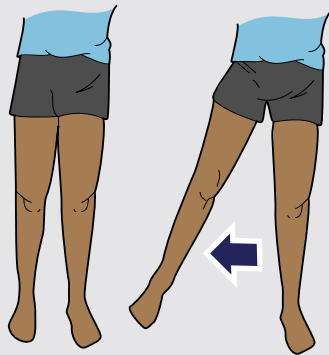


Comments: Progress your walking time. Work towards 10 minute walks using appropriate assistive device 2-3 times a day. Stop if you are limping or if the exercise is painful. Once the initial exercises are easy to perform, begin the following exercise progression. If the exercises become painful, stop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

When you begin standing exercises also begin side-stepping to your left 10 steps, then back to your right 10 steps. Complete two sets, three times a day. If additional support is needed, use a counter.

Standing Hip Abduction (typically begins week one or two)

- 1 While **standing** and holding on to a counter or chair for support, raise your operative leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.



- 2 Use your arms for support, if needed, for balance and safety.
- 3 Repeat **10 times**. Complete two sets, three times a day.

Standing Marching (typically begins week one or two)

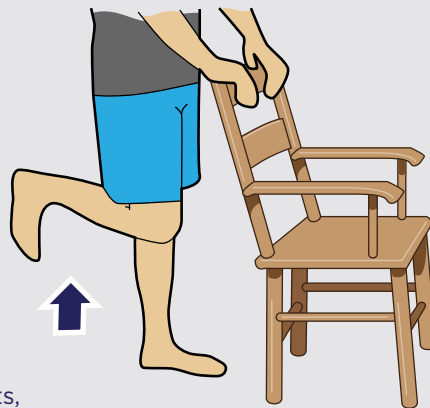
- 1 While standing, draw up your knee. Set it down and then alternate to your other side.



- 2 Use your arms for support, if needed, for balance and safety.
- 3 Repeat **10 times**. Complete two sets, three times a day.

Standing Hamstring Curls (typically begins week one or two)

- 1 While standing, bend your operative knee 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.



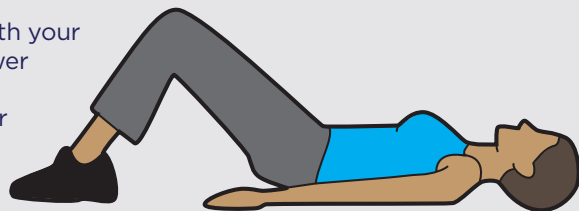
Squat with Chair (typically begins week one or two)

- 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.

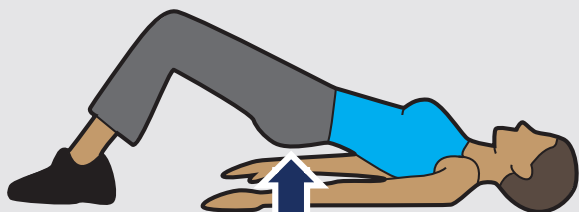


Bridging (typically begins week two or three)

- 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.



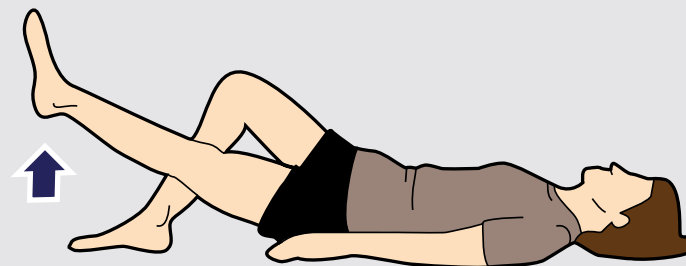
- 2 Hold for five seconds and then lower yourself.



- 3 Repeat **10 times**. Complete two sets, three times a day.

Straight Leg Raise (typically begins week three)

- 1 While lying on your back, raise your operative leg up with a straight knee.



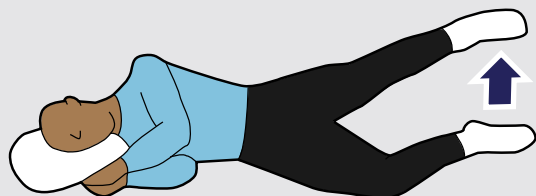
- 2 Keep the opposite knee bent with the foot planted on the ground.

- 3 Repeat **10 times**. Complete two sets, three times a day.

Sidelying Hip Abduction

(typically begins week three)

- 1 While lying on your side, slowly raise up your top leg. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



- 2 The bottom leg can be bent to stabilize your body. Use a pillow between your legs to provide more comfort, if needed.

- 3 Repeat **10 times**. Complete two sets, three times a day.

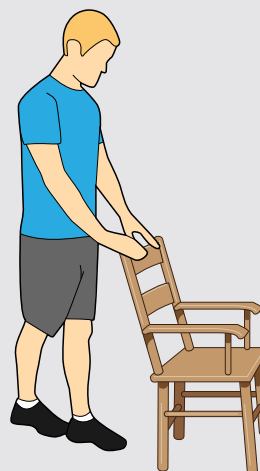
Tandem Stance with Support

(typically begins week three)

- 1 Stand in front of a chair, table or counter top for support.

- 2 Place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position for 20 seconds.

- 3 Repeat **3 times**. Complete one set, three times a day.



Single Leg Stance

(typically begins week three)

- 1 Stand on operative leg and maintain your balance for 20 seconds. Hold on to a chair or counter/table top for added balance.

- 2 Repeat **3 times**. Complete one set, three times a day.

