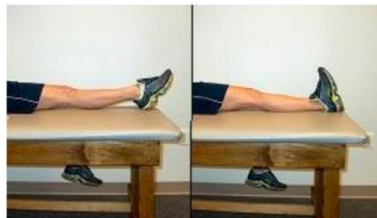




Phase I exercises:



ANKLE PUMPS

While lying down with the knee extended, slowly point the toes as far as possible then pull them back toward you as far as possible.

Repeat 50 Times

Complete 2 Sets

Perform 3 Times a Day

This exercise helps prevent blood clots after surgery.



Passive Supine Hip Circumduction

*Make sure that someone is performing the hip circles for you!

1. Start supine with both legs bent.
2. Have therapist lift one leg to about 70 degrees of hip flexion and begin circling hip in clockwise direction. Start small and gradually get bigger.
3. Once at maximum circle, switch to counterclockwise circle. Start large and gradually get smaller.
4. Do not push through pain or clicking

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day

Be sure this is a passive exercise (meaning someone else is moving your hip for you). This is very important to help prevent adhesions.



Passive Hip Internal Rotation

With the patient on their back with legs straight place one hand above the knee and one hand midway down the lower leg.

Keeping the knee straight roll the leg where the toes are pointed away from the body.

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day



Passive Hip External Rotation

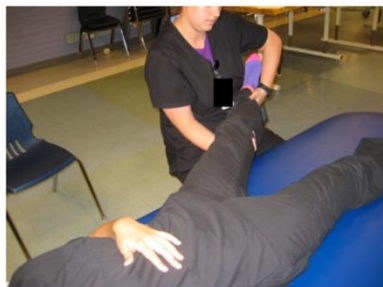
With the patient lying on their back, bend the knee and hip to 70 degrees.

Hold their leg with your forearm and place your hand under their calf. With your other hand support the top of the knee.

Rotate at the hip by moving the rest of the leg inward(keeping hip and knee at 70 degrees).

Repeat 20 Times
Complete 2 Sets

Perform 2 times a day



Passive Hip Abduction

With the patient on their back with legs straight hold under the knee and under the heel.

Pull away from the midline of the body, keeping their leg straight until 25 degrees only.

Return the leg back to midline.

Repeat 20 Times
Complete 2 Sets

Perform 2 times a day

Do NOT go past 25 degrees of hip abduction!!!



Passive Hip Flexion/ Extension

With the patient lying on their back, place one hand under their knee and the other on their heel.

Bend the patient's knee and move their leg towards their chest.

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Slowly straighten their leg back down to the bed.

Repeat 20 Times
Complete 2 Sets

Do NOT go past 90 degrees of hip flexion and past neutral in extension!!!



QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat. Video # VVAYA2UL8



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day

ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as if someone were to punch you. You want to tighten your muscles, but not to the point where you wouldn't be able to talk normally. Release and repeat.



Repeat 15 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day

Hamstring Set

Being in supine, place a rolled towel under the heel. Press the towel down with keeping the knee relaxed.



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day