

PREOPERATIVE EXERCISES

Outcomes are highly attributed to your participation in exercises before and after surgery. If an exercise is causing pain, discontinue those exercises and focus on the ones you can perform. Perform these exercises for both legs for better surgical preparation. Exercises can be performed on a bed or exercise table. Do not perform them on the floor unless you are safe and able to do so prior to surgery.



SUPINE ANKLE PUMPS

Reps: 20 | Frequency: 2x/day

Setup

Begin lying on your back, legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.



GLUTEAL SETS

Reps: 10-15 | Sets: 2 | Hold: 5 sec | Frequency: 2x/day

Setup

Begin lying on your back on a bed or flat surface.

Movement

Tighten your buttock muscles, hold, then relax and repeat.

Tip

Make sure not to arch your back and do not hold your breath during the exercise.



SUPINE HEEL SLIDE

Reps: 10-15 | Sets: 2 | Frequency: 2x/day

Setup

On your back with your legs straight.

Movement

Slowly slide one heel on the bed or table toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.



SUPINE KNEE EXTENSION STRENGTHENING

Reps: 10-15 | Sets: 2 | Hold: 5sec | Frequency: 2x/day

Setup

Begin lying on your back on a bed or couch, not on the floor, with one knee bent and the other resting on a ball, foam roller, or rolled towel.

Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball, foam roller, rolled towel.

Tip

Make sure not to arch your low back.



SUPINE QUAD SET

Reps: 10-15 | Sets: 2 | Hold: 5 sec | Frequency: 2x/day

Setup

On your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the bed or table during the exercise.



SUPINE ACTIVE STRAIGHT LEG RAISE

Reps: 10-15 | Sets: 2 | Frequency: 2x/day

Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.