

## PREOPERATIVE EXERCISES

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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 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.



### ACTIVE STRAIGHT LEG RAISE WITH QUAD SET

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

#### Setup

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

#### Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

#### Tip

Make sure to keep your back flat against the bed or table 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 SHORT ARC QUAD

Reps: 10-15 | Sets: 2 | Hold: 2-3 sec

#### Setup

On your back with a towel roll or foam roller under one knee with heel resting on the ground.

#### Movement

Make sure to keep your back flat against the bed or table as you move your leg.

#### Tip

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



### STANDING HIP ABDUCTION WITH ANTERIOR SUPPORT

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

#### Setup

Standing upright position holding onto a stable object in front of you. **Movement**

Lift one foot off the ground and draw your leg outward. Then bring it back and repeat.

#### Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.



Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.