

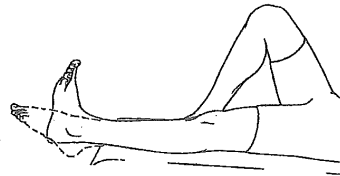
PHYSICAL THERAPY

THE FOLLOWING ARE BASIC EXERCISES TO COMPLETE FOR LEGS BEFORE AND AFTER SURGERY. PLEASE PERFORM AS DIRECTED BY YOUR PHYSICAL THERAPIST

1. ANKLE PUMPS

Point and then flex both feet

Repeat 10 – 30 times



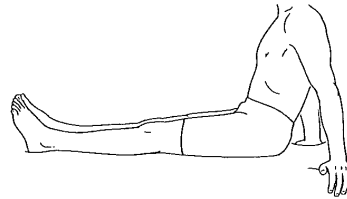
2. Quadriceps Sets

Press the back of your knee against the bed

Hold for a count of 5 and relax

Do not hold your breath

Repeat 10 times



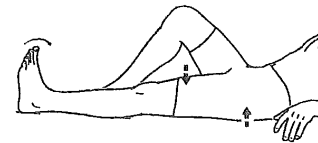
3. Gluteal Sets

Squeeze your buttocks together

Hold for a count of 5 and relax

Do not hold your breath

Repeat 10 times



4. Heel Slides

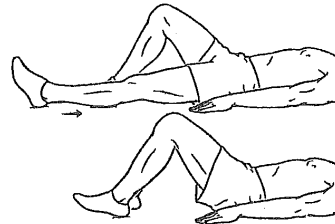
With your foot on the bed slide your heel toward

your buttocks as far as comfortable

If you have had a hip replacement do not go past 90° at the hip

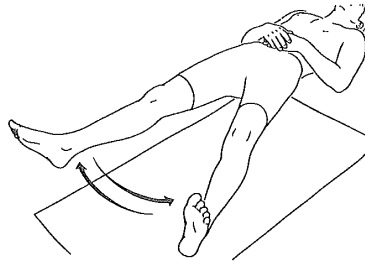
Pause and then slide your leg back down

Repeat 5-10 times



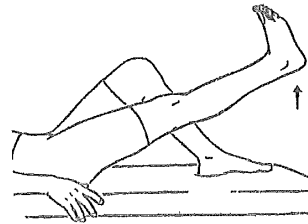
5. Hip Abduction/Adduction  
Start with your feet about the width of your hips  
Slide your leg out to the side  
with your toe pointing to the ceiling  
then return foot to starting position do not cross  
midline

Repeat 5-10 times



6. Straight Leg Raising  
With your uninvolved leg bent foot flat  
Involved leg straight raise leg from the hip  
Lower slowly

Repeat 5-10 times



7. Knee Extension  
With involved leg supported with a ball/ towel  
and uninvolved leg bent, straighten and bend  
leg at the knee.

Repeat 5-10 times

