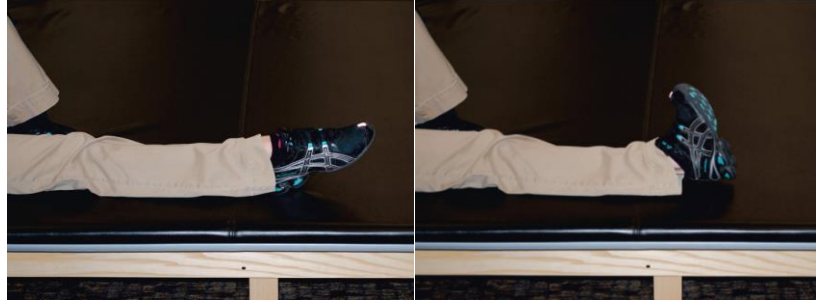




## **Post-Operative Home Exercise Program**

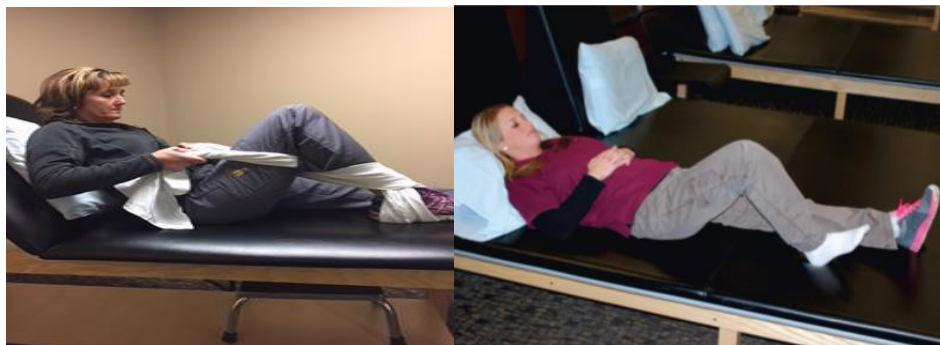
### **Ankle Pumps:**

- This can be done while seated or lying down.
- Point your foot down and then pull it back up as far as tolerable both ways.
- Perform this exercise 3 times per day for 30 repetitions each time.



### **Heel Slides:**

- Lie on your back with your knees and toes pointed toward the ceiling.
- Gradually bend your leg while keeping your foot on the bed.
- Bend your leg toward your body as far as comfortable and hold it there for 5 seconds (Do Not bend your hip beyond 90 degrees if you had a total hip replacement).
- Gradually straighten your leg until your knee is flat against the bed.
- Perform this exercise 2-3 times per day for 10 repetitions each leg.
- Total Knee – use sheet to assist; Total Hip – do not use sheet.



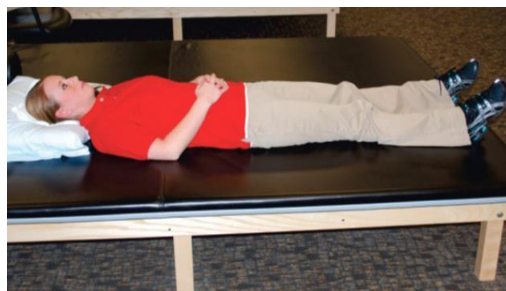
### Quad Sets:

- Lie with your back supported and your knee straight. Place a folded towel under your knee.
- With your knee straight and toes pointed toward the ceiling, tighten the muscles of your thigh (this will cause your leg to straighten further).
- Hold this position for 5 seconds then relax.
- Perform this exercise 2-3 times per day for 10 repetitions each leg.



### Glute Sets:

- While lying on your back, squeeze your buttock muscles together as tight as tolerable.
- Hold this position for 5 seconds then relax.
- Perform this exercise 2-3 times per day for 10 repetitions.



### Long Arc Quads:

- Sit on a chair or the side of your bed.
- With both knees bent, gradually straighten 1 leg at a time.
- With your leg straight, tighten the muscles of your thigh.
- Hold this position for 5 seconds then relax.
- Lower leg back down and repeat exercise with your opposite leg.
- Perform this exercise 2-3 times per day for 10 repetitions each leg.



### Knee Extension Stretch:

- Lie with your back supported with knees/toes pointed toward the ceiling.
- Place a pillow under your ankle/foot and fully straighten your leg.
- Relax your leg and maintain the stretch for as long as tolerable.
- Try doing this stretch for 5 minutes at a time and gradually increase time up to 30 minutes maximum.
- Do this stretch at least twice per day.



### **Straight Leg Raises: (Only do if Tolerable)**

- Lie on your back with one leg bent and the other leg straight.
- Tighten the muscles of your thigh on the leg that is straight.
- Lift the straight leg up approximately 12-18 inches and hold for 3 seconds.
- Lower the straight leg back down.
- Perform this exercise 2-3 times per day for 10 repetitions.
- Repeat this exercise with the opposite leg so that 10 repetitions are done with each leg.



### **Weight Bearing Status:**

#### **Weight Bearing as Tolerated (WBAT)**

Place as much weight on your surgical leg as you can tolerate.

#### **Partial Weight Bearing (PWB)**

Place approximately 50% of your weight on your surgical leg unless otherwise instructed by your surgeon.

#### **Touch Down Weight Bearing (TDWB)**

You are only permitted to touch your toes of your surgical leg to the floor for balance purposes. You are NOT permitted to place weight through the surgical leg.

#### **Non Weight Bearing (NWB)**

No weight is permitted through the surgical leg.

## **Stairs:**

### **Walking up steps**

- Use handrails in both hands if possible.
  - Good = 1 handrail and cane
  - Better = 2 handrails (if in reach)
- Start by stepping up with your good leg (non-surgical leg).
- Now lift your bad leg (surgical leg) up to meet your good leg on step.
- Finally, bring up cane to meet both legs on same step.
- Repeat pattern all the way up.

### **Walking down steps**

- Use handrails in both hands if possible.
  - Good = 1 handrail and cane
  - Better = 2 handrails (if in reach)
- Place cane on lower step.
- Step down with the bad leg (surgical leg).
- Now step down with the good leg (non-surgical leg) to meet the bad leg on same step.
- Repeat pattern all the way down.

Remember: Up with the Good, Down with the Bad  
(all good things go up, all bad things go down)

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008 ID 67115549 (TTY: 711)

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