



STAGE 1






Strength Exercises:




EXERCISES	REPS AND SETS	SPECIAL NOTES
Quad Sets	Perform 3 sets of 10 reps of each exercise in order Repeat 5x per day	Begin Quad Sets immediately after surgery. Begin Hamstring Sets and Co-Constrictions 2 days after surgery. * Continue all exercises 5x/day until your first post-op appointment.
Hamstring Sets		
Co-Constriction		
Hip Flexion	Perform 2 sets of 10 reps of each exercise in order Repeat 3x per day	Begin these exercises 2-3 days after surgery. Progress to the standing position for all 3 movements when ready.
Hip Side Lift		
Hip Extension		
Weight Shifts	Perform 3 sets of 30 seconds of each exercise in order Repeat 3x per day	Begin these exercises 2-3 days after surgery. Perform the exercises within tolerance initially... then progress to all the exercises within a few days.
Double Leg Mini-Squat		
Heel Raises		
SL Stance		
Crutch Walking to Gait Training	Follow program and/or physician instructions	Typically patients wean off 2 crutches after 5-10 days and follow instructions using one crutch walking. This typically results in full weight bearing by 1-2 weeks post-op.

REMINDERS

1. Range of Motion Exercises: 3-5 times per day and focus on getting the knee straight.
2. Ice/Elevation: Ice 4-5x/day for 30min and keep the leg elevated as often as you can.
3. Ankle Pumps: 20-30 times per hour.

STRENGTH EXERCISE DESCRIPTIONS

QUAD SET	
	<ul style="list-style-type: none"> • Begin with a straight leg. • Tighten your quadriceps (thigh muscle) and hold for 5 seconds. • Relax the muscle and repeat.
HAMSTRING SET	
	<ul style="list-style-type: none"> • Begin with your knee bent roughly 45°. • Push your heel gently into the floor/table and tighten your hamstrings (muscle on back of thigh). • Hold this for 5 seconds; then relax the muscle and repeat.
CO-CONTRACTION	
	<ul style="list-style-type: none"> • While seated in a chair push down through your heel into the ground and tighten both your quadriceps and hamstrings at the same time. • Feel the muscles tighten with your hands and hold this for 5 seconds; relax and repeat. • <i>You may find the action of pulling your heel backward without actually allowing your foot to move will "set" the hamstring better.</i>
HIP FLEXION	
	<ul style="list-style-type: none"> • Start with your leg straight and tighten your quadriceps muscle. • Lift your straight leg off the floor/table until your heel is about 12 inches up. • Hold this position for 3 seconds, and slowly lower. Your quadriceps should remain tight until your leg returns back to the floor/table.
HIP SIDE LIFT	
	<ul style="list-style-type: none"> • Lie on your side making sure your hips and shoulders are in-line. • Set your quad muscle and raise your leg 12 inches. • Hold this position for 3 seconds and slowly lower down; repeat.

HIP EXTENSION	
	<ul style="list-style-type: none"> • Lie on your stomach with your legs straight. • Tighten your quadriceps first and then hamstring and gluts as you lift your thigh off the table <u>slightly</u>. • Slowly lower, relax, and repeat. • DO NOT lift the thigh too high as this will stress your lower back!
WEIGHT SHIFTS	
	<ul style="list-style-type: none"> • Stand behind a chair or something sturdy to assist your balance. • Shift your weight from the left to the right, in an attempt to become more confident with weight bearing. • <i>This exercise can be discontinued once you are fully weight bearing and walking</i>
DOUBLE LEG MINI SQUAT	
	<ul style="list-style-type: none"> • Stand behind a chair or something sturdy to assist your balance. • Place your feet shoulder width apart. • Lower yourself down slightly and return to the starting position, then repeat. <ul style="list-style-type: none"> ○ It is OK to allow your knees to move forward as you flex at the ankles ○ Keep your weight more on the mid foot and heels as compared to the toes. ○ Keep your entire foot flat during the squat!