

Heel Raises with Arm Support



Phase 2

REPS	HOLD	DAILY
10	2 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Lift your heels, rising up onto the balls of your feet, then slowly lower back down to the ground, and repeat.

Standing Single Leg March with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Slowly lift surgical knee to waist height, then lower it back down and repeat.



Standing Knee Flexion with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Pick up one foot and bend your surgical knee as far as you can. Then, lower your leg back to the floor and repeat. Make sure to keep your back straight.

Mini Squat with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet shoulder width apart and your hands on your walker.

Slowly bend your knees to lower into a mini squat position. Return to a standing upright position by tightening your quad and glute to straighten knees and hips. Hold and repeat.



Church Pew



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart.

Slowly shift your weight forward, hold briefly, then slowly shift your weight backward, hold briefly, and repeat.

Make sure to maintain your balance and keep your movements slow and controlled. Try to keep your heels and toes on the ground.

Retro Step with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Step backward with your involved leg, shifting your weight onto your back heel. At the same time, raise your opposite hand overhead. Return to the starting position and repeat.



Terminal Knee Extension with Band



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with surgical knee slightly bent and a resistance band looped around your leg just above your knee.

Slowly straighten your knee, pushing against the resistance. Hold, then relax and repeat.

Standing Quad Stretch with Belt and Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with walker or counter next to you for balance.

Bend your knee and place a belt or towel around your ankle, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh.

