

Forward Step Up with Arm Support



Phase 3

REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

Step forward onto the step with surgical leg, then step up with your other leg. Step back down to the ground in the reverse order.

Lateral Step Up with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with a step to your side and your hands resting on a counter or walker in front of you.

Step up onto the platform with surgical leg, then follow with your other foot. Step down in the reverse order.



Partial Forward Lunge with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position next to a counter or walker.

Holding onto the counter as needed, take a large step forward and slowly lower your body into a mini lunge position. Return to standing and repeat.

Partial Side Lunge with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your hands resting on a counter or walker in front of you.

Step to the side with surgical leg, lowering your body into a side lunge position and keeping your other leg straight. Slowly return to the starting position and repeat.



Sit to Stand with Arm Support

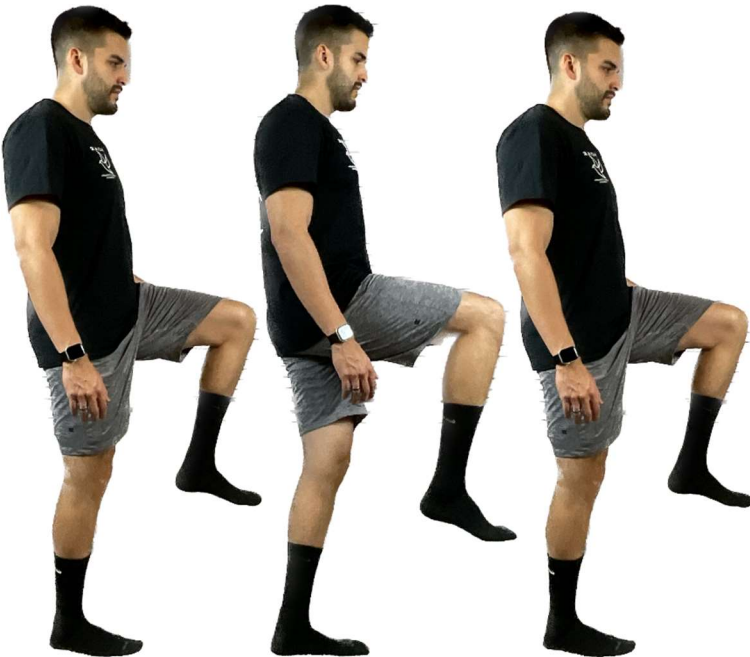


REPS	HOLD	DAILY
10	5 sec	2

Begin sitting upright with your feet flat on the ground and your hands on the armrests.

Lean your torso forward so your head is over your toes, stand up with the help of your hands and by tighten your quads and glutes to straighten knees and hips, hold, slowly sit back down using the armrests for support and repeat.

Walking March with Arm Support



REPS	DISTANCE	DAILY
6	10 feet	2

Begin in a standing upright position next to counter with one hand resting on counter.

March slowly forward, lifting one leg to a 90 degree angle.

Make sure to maintain upright posture and move your legs continuously in unison. Use counter for support as needed.



Sidestepping with Arm Support



REPS	DISTANCE	DAILY
10	10 feet	2

Begin in a standing upright position facing counter. Bend your hips and knees into a mini squat position.

Slowly step sideways, then step back to the starting position in the opposite direction.

Use counter for support as needed.

Backwards Walking with Arm Support



REPS	DISTANCE	DAILY
10	10 feet	2

Begin in a standing upright position next to counter with one hand resting on counter.

Slowly walk backwards.

Make sure to maintain your balance and good posture as you take each step.

