



Supine Ankle Pumps

SETS: 1	REPS: 20	DAILY: 5	WEEKLY: 7
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Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Gluteal Sets

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Quadricep Sets

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.



Supine Isometric Hamstring Set

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

Supine Heel Slide

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with your legs straight.

Movement

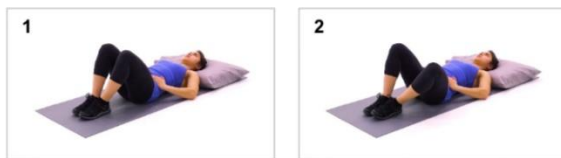
Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Bent Knee Fallouts

SETS: 1	REPS: 10	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Engage your abdominals and slowly lower one knee towards the ground. Return to the starting position and repeat with the other leg.

Tip

Make sure to breathe and do not allow your hips or trunk to rotate during the exercise.



Supine Knee Extension Strengthening

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with one knee bent and the other resting on a ball.

Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the pillow.

Tip

Make sure not to arch your back during the exercise.

Seated Long Arc Quad

SETS: 1	REPS: 5	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Heel Raises with Walker and Chair

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

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

Tip

Make sure to keep your knees straight and maintain your balance during the exercise. You can also do the exercise with your hands on a counter.



Standing March with Support

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

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

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Standing Hip Abduction with Counter Support

SETS: 1	REPS: 10	HOLD: 5	DAILY: 2
WEEKLY: 7			



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

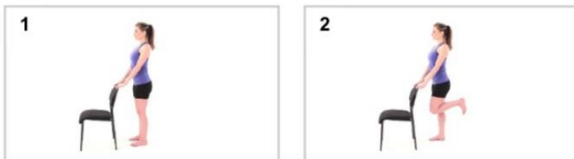
Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

Standing Knee Flexion AROM with Chair Support

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin standing with your hands resting on a stable surface.

Movement

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

Tip

Make sure to keep your back straight and maintain your balance throughout the exercise.



Mini Squat with Counter Support

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

Sit to Stand with Armchair

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

Lean your torso forward so your head is over your toes, then press into your feet and hands to stand up. Slowly sit back down using the armrests for support and repeat.

Tip

Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.

Church Pew

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a chair with the backs of your legs touching the chair.

Movement

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

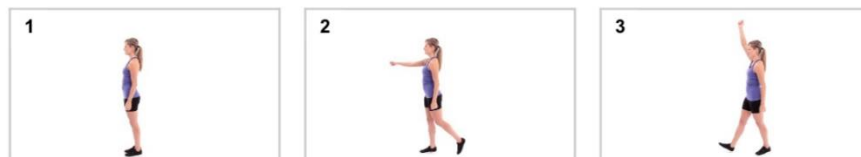
Tip

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



Retro Step

SETS: 1	REPS: 10	HOLD: 3	DAILY: 2
WEEKLY: 7			



Setup

Begin in a standing upright position with your feet together.

Movement

Step backward with your involved leg, shifting your weight onto your back heel, and lift the toes of your front foot off the ground. At the same time, raise your opposite hand overhead. Return to the starting position and repeat.

Tip

Make sure to maintain your balance and focus on tightening your gluteal muscles of your back leg to control the weight shift.

Forward Step Up

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

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

Tip

Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

Lateral Step Up with Counter Support

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

Step up onto the platform with the foot closest to it, then follow with your other foot. Step down on the other side of the platform one foot at a time. Reverse the motion back to the starting position and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.



Side Lunge with Counter Support

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

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

Tip

Make sure to keep your trunk upright and use the counter to help you balance as needed. Do not let your knee collapse inward or bend forward past your toes.

Partial Lunge with Chair

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position next to a chair.

Movement

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

Sidestepping

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

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

Movement

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

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.



Backwards Walking

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position in a flat open space.

Movement

Slowly walk backwards.

Tip

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

Walking March

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position with both elbows bent at 90 degree angles.

Movement

March slowly forward, lifting one leg to a 90 degree angle, bringing the arm on the same side backward, and opposite arm forward.

Tip

Make sure to maintain upright posture and move your arms and legs continuously in unison.

Seated Slump Nerve Glide

SETS: 1	REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin sitting on the edge of a table or bed with both legs hanging off the edge, hands clasped behind your back, and your back slumped forward slightly.

Movement

Straighten one knee and bend your head backward at the same time, then lower your foot and bend your head forward at the same time.

Tip

Make sure your leg and head are moving at the same speed at the same time.