

Weeks 1-2

STEP 1



STEP 2



Long Sitting Quad Set

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor, and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Bilateral Short Arc Quad Set

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with a large pillow or bolster under your knees.

Movement

Tighten the muscles in your thighs as you lift your feet and straighten your knees. Hold briefly, then slowly lower down to the starting position and repeat.

Tip

Make sure to keep the back of your leg resting on the bolster and do not arch your back during the exercise.

STEP 1



STEP 2



Sitting Heel Slide with Towel

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

Setup

Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement

Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip

Make sure that your leg does not rotate in or out as you bend your knee.

STEP 1



STEP 2



Hip Abduction with Caregiver

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

Setup

Begin with your child lying on their back on a bed or on the ground.

Movement

Holding onto one leg, slide your child's other leg out to the side, keeping their knee straight.

Tip

Make sure to hold the other leg in place and do not let them from roll their hips.

STEP 1



STEP 2



Supine Ankle Pumps

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

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.

STEP 1



STEP 2



Seated Heel Raise

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

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Seated Toe Raise

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

Setup

Begin sitting upright on a chair with your feet flat on the floor.

Movement

Raise your toes up off the floor.

Tip

Make sure to keep your heels on the floor.

Weeks 3-4

STEP 1



STEP 2



Prone Hip Extension with Plantarflexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with your forehead resting on a towel roll and both legs straight.

Movement

Slowly lift one leg, hold, then return to the starting position and repeat.

Tip

Make sure to keep your leg straight and focus on engaging your buttock muscles during the exercise. Do not let your back arch or your hips rotate side to side.

STEP 1



STEP 2



Hip Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface.

Movement

Slowly slide the heel of your surgical leg toward your bottom, bending at your hip and knee. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled and move your heel in line with your leg. Do not lift your heel off of the bed or let your knee fall out to your side.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Sidelying Hip Adduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your side with one knee bent and your foot resting in front of your other leg.

Movement

Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.

Tip

Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Standing Weight Shift Side to Side

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart, holding onto a stable object at your side for support.

Movement

Shift your weight to one side, then to your other side. Continue alternating between each side.

Tip

Make sure to maintain your balance during the exercise and keep your movements controlled.

STEP 1



STEP 2



Standing Weight Shifting Forward and Backward

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart, holding onto a stable object at your side for support.

Movement

Shift your weight forward onto your toes, then backward onto your heels. Lead with your hips as you shift your weight.

Tip

Make sure to maintain your balance during the exercise and keep your movements controlled.

STEP 1



STEP 2



Standing Alternating Knee Flexion

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

Setup

Begin in a standing upright position.

Movement

Bend one knee to 90 degrees, lower it back down, and repeat with your other leg.

Tip

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

STEP 1



STEP 2



Seated March

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

Setup

Begin sitting upright in a chair with your feet flat on the floor.

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

STEP 1



STEP 2



STEP 3



Sit to Stand with Counter Support

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

Setup

Begin sitting upright in an armchair with a counter in front of you within arms reach.

Movement

Lean your torso forward, then press up through your hands and feet to stand up. Slowly sit back down using the armrests for support and repeat.

Tip

Make sure to use the counter to help you balance as you stand up and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.

STEP 1



STEP 2



Heel Raises with Counter Support

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

Setup

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

Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

STEP 1



STEP 2



Wall Sit

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing tall a step in front of a wall.

Movement

Place your back against the wall, then slide your body down into a seated or squat position. Hold.

Tip

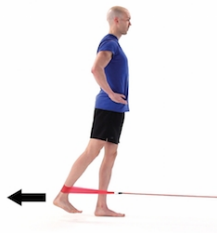
Imagine you are sitting in an invisible chair. Be sure your feet are directly under your knees and knees bent to a 90 degree angle.

Weeks 5-6

STEP 1



STEP 2



Standing Hip Extension with Anchored Resistance

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

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing the anchor point.

Movement

Slowly draw your leg backward, creating further tension in the band, then carefully bring your leg back to the starting position. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Flexion with Anchored Resistance

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

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing away from the anchor point.

Movement

Slowly draw your leg forward, creating further tension in the band, then carefully bring your leg back to the starting position.

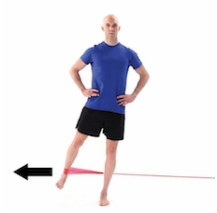
Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction with Anchored Resistance

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

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is furthest from the anchor point.

Movement

Slowly draw your leg out to the side, away from your body, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

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

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

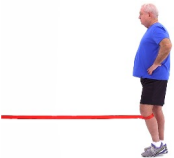
Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

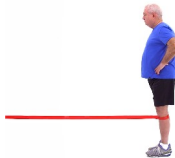
Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Terminal Knee Extension with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one knee slightly bent, and a resistance band that is anchored in front of you looped around your leg just below your knee.

Movement

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

Tip

Make sure to keep your hips level and do not overextend your knee.

STEP 1



STEP 2



Squat with Counter Support

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

Setup

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

Movement

Squat down, slowly bending your knees to roughly a 90 degree angle, 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.

STEP 1



STEP 2



STEP 3



Lateral Step Down

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

Setup

Begin standing next to a step or raised surface. Then, step up so that one foot is on the step, and the other is hanging off the edge.

Movement

Sit back into your hip while leaning slightly forward with your trunk. Continue the squatting movement by bending your knee and hip equally. Tap your heel on the ground without putting weight through the heel. Return to the upright position and repeat. Keep your weight centered on the mid part of your foot throughout the squatting movement by allowing the knee to move forward.

Tip

Maintain hip, knee, and foot alignment with the knee over the 2nd toe. Keep your nose in line with your belly button, and do not sidebend towards the exercising leg.

STEP 1



Single Leg Stance

REPS: 5 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Clamshell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Weeks 7-8

STEP 1



STEP 2



Squat in Wide Stance with External Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet in a wide stance and toes pointed outward.

Movement

Squat, bending at your knees and hips. Straighten your legs and repeat.

Tip

Make sure to keep your back straight, weight in your heels, and do not allow your knees to collapse inward or move forward past your toes during the exercise.

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around your thighs, just above your knees.

Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

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

STEP 1



STEP 2



Step Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing tall on a step.

Movement

Slowly step off and lower one leg behind the step, lightly touching your foot to the ground.

Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

STEP 1



STEP 2



STEP 3



Pistol Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright. Lift your arms out in front of you.

Movement

Lift one leg off the ground, keeping your knee straight. Then, lower yourself into a squatting position, bending at your hips and working knee. Come up from the squat and repeat.

Tip

Make sure you do not let your back round while performing the exercise. Reset your balance as needed.