

Weeks 1-2

STEP 1



STEP 2



Supine Quad Set

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

Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



Seated Knee Extension Stretch with Chair

SETS: 1 | HOLD: 5 MINUTES | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with a chair directly in front of you.

Movement

Lift one leg off the ground and rest your foot on the chair, then begin to relax your leg, allowing your knee to straighten, and hold this position.

Tip

Make sure to keep your back straight during this stretch.

STEP 1



STEP 2



Supine Heel Slide

REPS: 10 | SETS: 2 | DAILY: 1 | 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.

STEP 1



STEP 2



STEP 3



Supine Short Arc Quad

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

Setup

Begin lying on your back on a bed or flat surface with a small bolster or large towel under the thigh of your surgical leg.

Movement

Tighten the muscles in your thigh as you lift your foot and straighten your knee. 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 rotate your leg to either side.

STEP 1



STEP 2



Supine Active Straight Leg Raise

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

Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

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



Prone Hip Extension

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

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady 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 Knee Flexion AROM with Chair Support

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

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.

STEP 1



STEP 2



Standing Heel Raises

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

Setup

Begin in a standing upright position in front of a counter or stable surface for support.

Movement

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

Tip

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

STEP 1



STEP 2



Wall Quarter Squat

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

Setup

Begin standing upright in front of a wall.

Movement

Lean back into a squat against the wall with your knees bent to 45 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Seated Table Hamstring Stretch

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

Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

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

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



Standing Gastroc Stretch

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

Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.

STEP 1



STEP 2



Wall Quarter Squat

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

Setup

Begin standing upright in front of a wall.

Movement

Lean back into a squat against the wall with your knees bent to 45 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Seated Table Hamstring Stretch

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

Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

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

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



Standing Gastroc Stretch

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

Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.

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 3-4

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.

STEP 1



STEP 2



Forward Step Down

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

Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

STEP 1



STEP 2



Standing Repeated Hip Flexion with Resistance

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

Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

Lift your leg forward repeatedly without touching your foot to the ground.

Tip

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

STEP 1



STEP 2



Single Leg Stance

SETS: 3 | HOLD: 30 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

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

Movement

Lift one foot off the ground. Hold this position.

Tip

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

STEP 1



STEP 2



Side Stepping with Resistance at Ankles

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

Setup

Begin standing upright with a resistance band looped around your ankles. 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



Forward Fall Out Lunge

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

Setup

Begin standing upright.

Movement

Take a large step forward, falling into a lunge position. Return to the starting position and repeat.

Tip

Make sure to keep your front knee over your ankle and your back heel on the ground. Your torso should lean slightly forward to keep your torso and back leg in a straight line.

STEP 1



STEP 2



Romanian Deadlift

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

Setup

Begin standing with your feet shoulder width apart and your arms straight in front of you with your palms facing inward.

Movement

Bend forward at the waist so that your arms and chest are parallel to the floor. Hold briefly, then keep your back straight as you return to the starting position, and repeat.

Tip

You should feel a stretch in the back of your upper leg when you bend forward. Avoid locking your knees during the exercise.

STEP 1



STEP 2



Mini Squat

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

Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Weeks 5-6

STEP 1



STEP 2



Side Stepping with Resistance at Ankles

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

Setup

Begin standing upright with a resistance band looped around your ankles. 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



Clamshell with Resistance

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

Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

Make sure not to roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Supine Bridge

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

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.


Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.


Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.


STEP 1




STEP 2




STEP 3



STEP 4



STEP 5



Forward Monster Walks


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

Setup
Begin in a standing upright position with a resistance band looped around your ankles.


Movement
Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip
Make sure to keep your chest upright and do not bend your knees forward past your toes.


STEP 1




STEP 2




STEP 3



STEP 4



STEP 5



Backward Monster Walks


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

Setup
Begin in a standing upright position with a resistance band looped around your ankles.

Movement
Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip
Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



Romberg Stance Eyes Closed on Foam Pad


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

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


Movement
Close your eyes and maintain your balance in this position.

Tip
Make sure to maintain an upright posture.

STEP 1



STEP 2



Step Up


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

Setup
Begin standing with a small step or platform in front of you.


Movement
Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip
Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

STEP 1



STEP 2



Squat

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

Setup
Begin standing upright with your feet slightly wider than shoulder width apart.

Movement
Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip
Make sure to keep your back straight and do not let your knees bend forward past your toes.

Weeks 7-8

STEP 1



STEP 2



Squat

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

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

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

Setup

Begin in a wide staggered stance position with your back foot resting on a bench.

Movement

Bend your front knee, lowering your body into a lunge position, then return to standing and repeat.

Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.

STEP 1



STEP 2



Single Leg Bridge

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

Setup

Begin lying on your back with your knees bent and feet hip width apart.

Movement

Squeeze your stomach and buttock muscles and lift your bottom up into a bridge position.

Keeping your bridge position, straighten your knee until it is fully extended. Return your foot to the starting position and repeat with the opposite leg.

Tip

Make sure to hold your bridge position and do not let your hip drop as you straighten your leg.

STEP 1



STEP 2



Lateral Hopping on Level Ground

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

Setup

Begin in a standing upright position with your feet slightly wider than shoulder width apart.

Movement

Jump sideways, taking off with both feet, and landing with both feet.

Tip

Make sure to stick the landing and don't let your knees collapse inward at any point.