

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



Supine Heel Slide

REPS: 10 | SETS: 3 | 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



Seated Ankle Pumps

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

Setup

Begin sitting upright with one leg straight forward.

Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

STEP 1



Supine Gluteal Sets

REPS: 10 | SETS: 3 | DAILY: 1 | 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.

STEP 1



STEP 2



Supine Hamstring Stretch

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

Setup

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

Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

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

Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

STEP 1



STEP 2



Gastroc Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2



Active Straight Leg Raise with Quad Set

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

Setup

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

Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Prone Hip Extension

REPS: 10 | SETS: 2 | 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 Abduction

REPS: 10 | SETS: 2 | 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.



Sidelying Hip Adduction

REPS: 10 | SETS: 2 | 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.

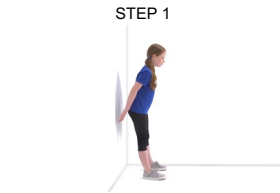
Movement

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.

Weeks 3-4



Wall Sit

REPS: 10 | SETS: 2 | 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.



Supine Bridge with Mini Swiss Ball Between Knees

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

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.



Clamshell

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

Setup

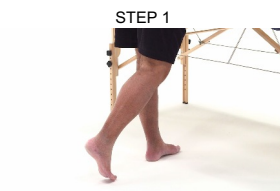
Begin lying on your side with your knees bent and your hips and shoulders stacked.

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.



Standing Knee Flexion

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 with your surgical leg slightly bent and your toes resting on the ground.

Movement

Slowly bend your knee, lifting the foot of your surgical leg off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and keep your movements slow and controlled.



Standing Heel Raise with Support

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

Setup

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

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.



Step Up

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

Setup

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

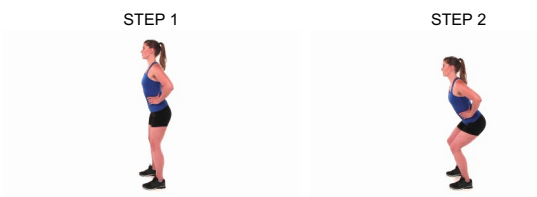
Movement

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.

Weeks 5-6



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.



Single Leg Stance

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | 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.



Side Stepping with Resistance at Feet

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

Setup

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

Movement

Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 3 | 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



Single Leg Cone Touch

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

Setup

Begin in a standing upright position with a cone or other object on the floor in front of you.

Movement

Bend forward at your hips, letting one leg extend straight backward, reaching down with your arm to touch the cone, then return to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise, maintain your balance, and only bend at your hips.

Weeks 7-8

STEP 1



STEP 2



STEP 3



Forward Lunge with Rotation

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

Setup

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

Movement

Step forward with one leg, lowering your body into a lunge position, and rotate your torso to the side, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

STEP 1



STEP 2



Single-Leg Quarter Squat

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

Setup

Begin in a standing upright position. Lift one foot off the ground.

Movement

Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

STEP 1



STEP 2



Single Leg Jumps Side to Side Fast

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

Setup

Begin in a standing upright position with a vertical line directly to your side, standing on one foot.

Movement

Jump over to the other side of the line, landing on the same foot, then jump back without pausing.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Single Leg Bridge

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

Setup

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

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

STEP 1



STEP 2



STEP 3



Lower Quarter Reach Combination

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

Setup

Begin in a standing upright position in the middle of a Y shape on the floor.

Movement

Balance on one leg and reach your other leg along each of the three lines, going around the Y in a clockwise direction.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



Forward T

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

Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Tip

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.