

Weeks 1-2

STEP 1



STEP 2



Quadriceps Stretch with Chair

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

Setup

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

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

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

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

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



Prone Knee Extension Overpressure

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

Setup

Begin lying on your front on a table or bed with your feet hanging off the edge.

Movement

Place the toes of one foot on top of your other heel then apply a gentle downward pressure, straightening your knee.

Tip

Make sure not to arch your back during the exercise.

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



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



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.

Weeks 3-4

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



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



Squat on Decline Board

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

Setup

Begin in a standing upright position on a decline board.

Movement

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

Tip

Make sure to keep your toes pointing forward and your heels on the decline board. Do not let your knees bend forward past your toes or collapse inward.

STEP 1



STEP 2



Backward 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 off the step behind your body. Lightly touch the floor 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



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



STEP 2



Lateral Monster Walk with Resistance (BKA)

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

Setup

Begin in a standing upright position with a resistance band looped around your legs, making sure the band is around the end of your socket.

Movement

Slowly step sideways with one foot and follow with your other foot.

Tip

Make sure to keep your feet pointing straight forward and maintain tension in the band during the exercise. Do not let your feet come together.

STEP 1



STEP 2



Standing Alternating Knee Flexion with Ankle Weights

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

Setup

Begin in a standing upright position with weights around your ankles.

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.

Weeks 5-6

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



Squat with Resistance at Thighs

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

Setup

Stand with your feet slightly wider than shoulder-width apart and a resistance band or loop secured around your lower thigh just above the knee.

Movement

Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position.

Tip

Make sure to keep your back straight by bending at the hips. Do not allow your knees to collapse inward during the exercise.

STEP 1



STEP 2



Deadlift with Resistance

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

Setup

Begin in a standing upright position with holding both ends of a resistance band that is anchored under your feet.

Movement

Bend at your hips and knees, lowering your arms toward the ground, then stand back up, engaging your back and thigh muscles and pulling up on the resistance band with your arms straight.

Tip

Make sure to keep your abdominals tight and back straight during the exercise.

STEP 1



STEP 2



Single Leg Squat with Chair Touch

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

Setup

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

Movement

Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

STEP 1



STEP 2



STEP 3



Curtsy Squat

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

Setup

Begin standing with your feet hip width apart.

Movement

Reach one leg back and to the side at a 45 degree angle, keeping the weight on the base of your toes. Then, lower yourself down slowly. Drive through the front leg and return to the upright standing position.

Tip

Keep your movements slow and controlled and your front knee in line with the 2nd toe as you come down.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

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

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

Weeks 7-8

STEP 1



STEP 2



STEP 3



Curtsy Squat

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

Setup

Begin standing with your feet hip width apart.

Movement

Reach one leg back and to the side at a 45 degree angle, keeping the weight on the base of your toes. Then, lower yourself down slowly. Drive through the front leg and return to the upright standing position.

Tip

Keep your movements slow and controlled and your front knee in line with the 2nd toe as you come down.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

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

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

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



STEP 3



Jump Off Platform with Soft Landing

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

Setup

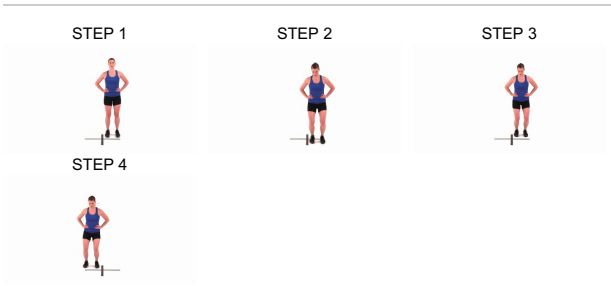
Begin in a standing upright position on a high step.

Movement

Jump forward off the platform with both feet. As you land, bend your knees to control the landing and stabilize your balance. Return to the starting position and repeat.

Tip

Make sure not to let your knees collapse inward as you land from the jump.



Forward and Sideways Tape Jumps

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

Setup

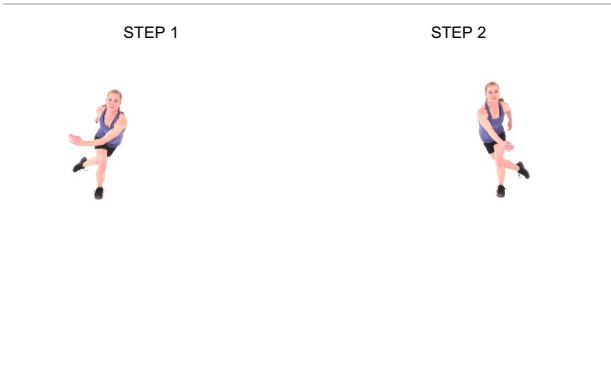
Begin in a standing upright position with a crossed line on the floor beside you.

Movement

Jump forward across the line with both feet. Jump backward, then jump sideways across the other line, and back to the starting position. Repeat.

Tip

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



Lateral Single Leg Lunge Jumps

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

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.



Squat Jumps

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

Lower yourself into a squatting position with your arms straight, then jump up, moving your arms back as you do. Land in a squat and repeat the movement.

Tip

Make sure your knees do not collapse inward or move forward past your toes as you land, and try not to over arch your back.