

Weeks 1-2

STEP 1



STEP 2



Long Sitting Quad Set

REPS: 10 | SETS: 3 | HOLD: 3 | 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



Seated Hamstring Stretch

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

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

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



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.

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

REPS: 3 | SETS: 1 | HOLD: 20 | 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.



Thomas Stretch on Table

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

Setup

Sit at the edge of a bed or table with both legs hanging off the edge.

Movement

Lift one leg toward your chest, and lean backward onto the table at the same time. You should feel a stretch in the front of the hip of your leg that is hanging toward the floor.

Tip

Make sure not to let your low back arch during the stretch.



Small Range 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

Tighten your abdominals and lift your straight leg a small distance from the floor. Then lower it back down and repeat.

Tip

Make sure to keep your low back flat against the floor and your knee straight during the exercise.



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.



Single Leg Balance with Knee Flexion with PLB

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

Setup

Begin standing upright holding onto a chair for support. Breathe in through your nose.

Movement

Lift one leg off the ground by bending your knee and holding it at a 90-degree angle, while blowing out through pursed lips, as if you are blowing out a candle. Maintain your balance in this position, while continuing pursed lips breathing.

Tip

Make sure the exhalation is about twice as long as the inhalation. Make sure to engage your abdominals to help you balance. As you gain more control, try lifting your hands off the chair.

Weeks 3-4



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



Wall Squat

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

Setup

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

Movement

Lean back into a squat against the wall with your knees bent to 90 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



Standing Hip Abduction with Anchored Resistance

REPS: 10 | SETS: 3 | 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: 3 | 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.

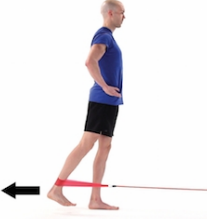
Tip

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 Hip Extension with Anchored Resistance

REPS: 10 | SETS: 3 | 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.

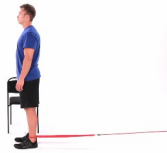
Movement

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.

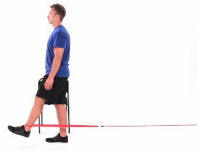
Tip

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 and Chair Support

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

Setup

Begin in a standing upright position with a resistance band anchored behind you and looped around your ankle. Hold a stable object for balance.

Movement

Lift your leg forward, keeping your knee straight, then bring it back to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Single Leg Balance on Foam Pad

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

Setup

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

Movement

Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

Tip

Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.

STEP 1



STEP 2



Step Downs

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

Setup

Begin in a standing position with one leg on a step and the other hanging backward off the edge.

Movement

Bend your knee, lowering your foot toward the floor, then return back to the starting position by pushing upward on your front leg.

Tip

Make sure to maintain your balance during the exercise and do not let your trunk lean forward.

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



Quadruped Bent Leg Hip Extension

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

Setup

Begin on all fours.

Movement

Tighten your abdominals and then lift one leg upward, keeping your knee bent. Lower it back down, then repeat. Think of pushing your foot toward the ceiling.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Quadrupedal Hip Abduction and External Rotation

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

Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

Movement

Lift your leg up. Keeping your feet close together, turn your knee out to your side. Return to the starting position and repeat.

Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

Weeks 5-6

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



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



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



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



Supine Bridge with Knee Extension and Pelvic Floor Contraction

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

Setup

Begin lying on your back with your legs bent and feet resting on the ground.

Movement

Contract your pelvic floor muscles, then tighten your buttocks and lift your hips off the ground to a bridge position. Keep your pelvis lifted and straighten one knee, then return that foot to ground and repeat with your other leg.

Tip

Make sure to keep your abdominal and pelvic muscles tight as you straighten each leg.

Weeks 7-8

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

REPS: 10 | SETS: 3 | 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.

STEP 1



STEP 2



Single Leg Jumps Forward and Backward

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

Setup

Begin in a standing upright position, balancing on one foot, with a line on the ground in front of you.

Movement

Jump forward across the line with the same foot, then jump back and repeat.

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 Jumps Side to Side

REPS: 10 | SETS: 2 | 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, pause, then jump back and repeat.

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



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.

STEP 1



STEP 2



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.