

## 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



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 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.

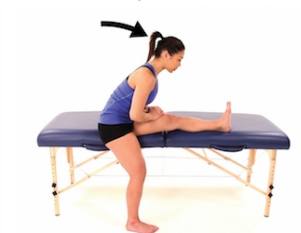
#### Tip

Make sure not to arch your low back or twist your body as you move your leg.

STEP 1



STEP 2



### 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



STEP 3



### Standing Hip Flexor Stretch

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

#### Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

#### Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

#### Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



### Seated Calf Towel Stretch

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

#### Setup

Begin sitting tall on the floor with your leg straight in front of you, holding a towel that is looped around the bottom of your foot.

#### Movement

Gently pull the towel towards your body until you feel a stretch in the back of your calf. Hold this position.

#### Tip

Be sure to keep your leg straight and do not let your knee bend.

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



### Single Leg Stance with Support

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

#### Setup

Begin in a standing upright position holding on to a stable object for support.

#### Movement

Lift one foot off the floor and hold this position.

#### Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



### Clamshell

REPS: 10 | SETS: 2 | 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



### Supine Hip Adduction Isometric with Ball

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

#### Setup

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

#### Movement

Squeeze your knees together into the ball, then release and repeat.

#### Tip

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

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.

## Weeks 3-4

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



### Hip Extension with Resistance Loop

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

#### Setup

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

#### Movement

Lift one leg backward, 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



### Hip Abduction with Resistance Loop

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

#### Setup

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

#### Movement

Lift one leg to your side, keeping your knee straight. Return to the starting position and repeat.

#### Tip

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

STEP 1



### Romberg Stance on Foam Pad

SETS: 3 | HOLD: 30 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

Keep your eyes open and maintain your balance in this position.

#### Tip

Make sure to maintain an upright posture.

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



### 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



### Hip Extension with Resistance Loop

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

#### Setup

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

#### Movement

Lift one leg backward, 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



### Hip Abduction with Resistance Loop

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

#### Setup

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

#### Movement

Lift one leg to your side, keeping your knee straight. Return to the starting position and repeat.

#### Tip

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

STEP 1



### Romberg Stance on Foam Pad

SETS: 3 | HOLD: 30 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

Keep your eyes open and maintain your balance in this position.

#### Tip

Make sure to maintain an upright posture.

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



### Lateral Step Down

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

#### Setup

Begin by standing on a platform or step with one leg hanging off the edge.

#### Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

#### Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

## Weeks 5-6

STEP 1



STEP 2



### Squat

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

#### Setup

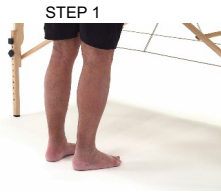
Begin standing upright with your feet slightly wider than shoulder width apart.

#### 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.



### 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



### Forward Fall Out Lunge

REPS: 10 | SETS: 2 | 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



### Squat

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

#### Setup

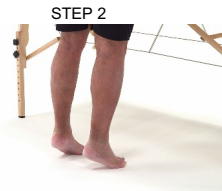
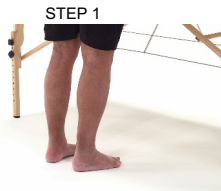
Begin standing upright with your feet slightly wider than shoulder width apart.

#### 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.



### 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



### Forward Fall Out Lunge

REPS: 10 | SETS: 2 | 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



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.

## Weeks 7-8

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



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



### 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



## Supine Bridge with Knee Extension and Pelvic Floor Contraction

REPS: 10 | SETS: 3 | 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.