

Exercises After Surgery

Continue to use your _____ until your first post-op physician appointment or as directed by your surgeon.

Walking: Get up every half hour to walk and gradually increase your distance.

Exercises:

Follow as directed by your therapist.

Do each exercise _____ times.

Do each exercise _____ time(s) per day.

Do your exercises lying down at least one time each day.

Going Up Stairs: *Up with the Strong*

Lead with the strong foot. Move the cane/crutch and operated foot up onto the step at the same time. Continue the sequence.

Going Down Stairs: *Down with the Weak*

Lead with the cane/crutch and operated foot. Bring the strong foot down the step. Continue the sequence.

Ankle Pumps:

Relax your leg. Gently bend and straighten your ankles up and down. Move through the full range of motion. Avoid pain.



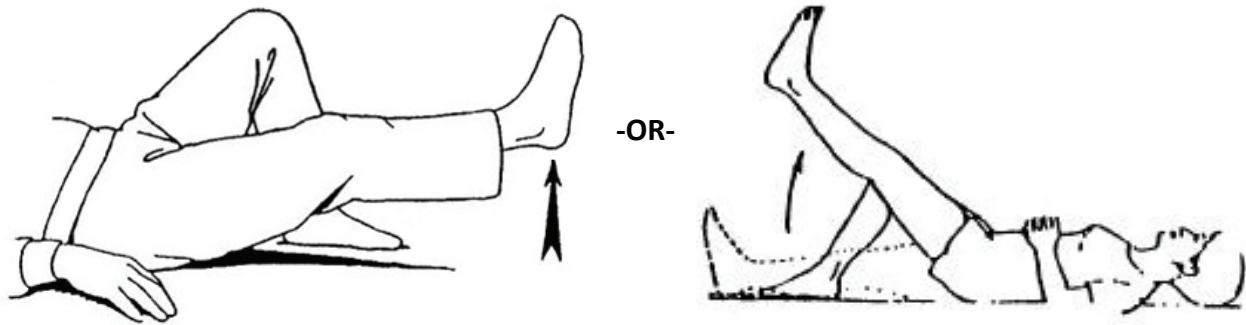
Quad Sets:

Sit or lie on your back with your legs straight. Tighten the muscles on the top of the thigh and push the back of your knees downward into the bed. Hold for 5 seconds and release.



Straight Leg Raise:

Lie flat on your back. Bend your uninvolved (good) knee. Lock the involved (surgical) leg straight, then lift the leg 6 to 8 inches or to the level of the bent knee. Hold this for five seconds then slowly lower the leg back to a resting position.



Heel Slides:

Lie flat on your back. Bend your knee and pull/slide your heel towards your buttocks. Hold this for five seconds and then slowly return your bent leg to the straight position.



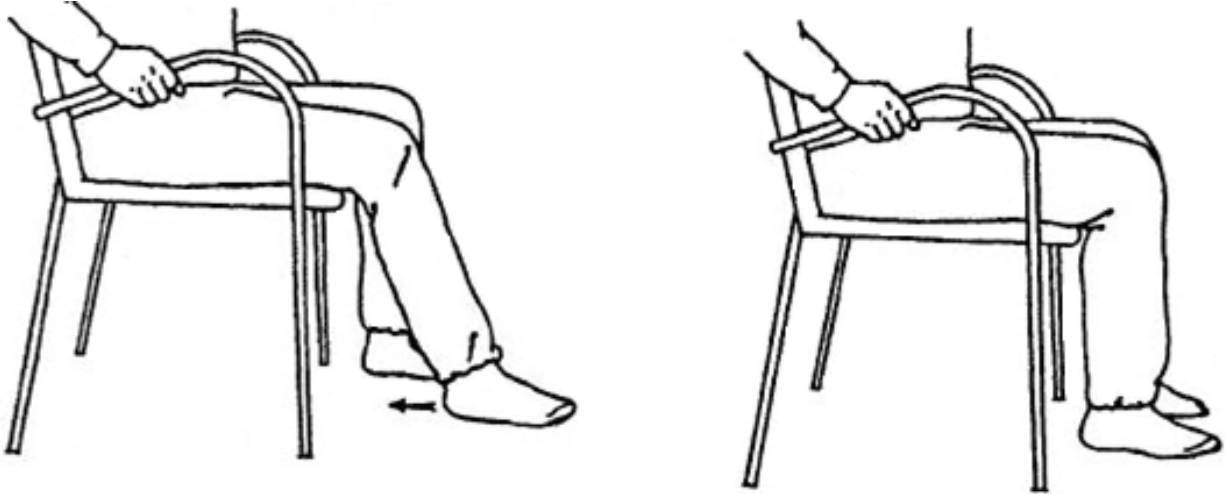
Towel Extension Stretch:

Prop your heel up on a pillow or rolled towel. Relax and allow your knee to straighten. Hold this for _____ seconds.



Knee Flexion

Sit on the edge of a table or chair placing the foot on a smooth surface. Slowly slide your foot back bending your knee as much as possible.



Types of Range of Motion Exercises:

- **Passive Range of Motion Exercises** gently bend and straighten your knee joint. Your leg is moved by your physical therapist or another caregiver.
- **Assistive Range of Motion Exercises** also move your knee. You use your own strength with the help from your physical therapist or another caregiver.
- **Active Range of Motion Exercises** are done by bending and straightening your knees under your own power.

Throughout the Fitbone treatment, you will be non-weight bearing and using crutches until further directed by Dr. Dahl. This may last up to three months.