

Gluteal Sets

REPS: 10 WEEKLY: 7	SETS: 1	HOLD: 5	DAILY: 3
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Setup

Begin lying on your back on a bed or flat surface.

Movement

Tighten your buttock muscles, hold, then relax and repeat.

Tip

Make sure to not arch your back and do not hold your breath during the exercise.

Supine Heel Slide

REPS: 10 WEEKLY: 7	SETS: 1	HOLD: 5	DAILY: 3
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Setup

Begin lying on your back with your legs straight.

Movement

Slide one heel toward your buttocks, bending your knee as far as is comfortable, then slide it back to the starting position and repeat.

Tip

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

Supine Straight Leg Raises

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

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

Supine Quadricep Sets

REPS: 10	SETS: 1	HOLD: 5	DAILY: 3
WEEKLY: 7			



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Supine Ankle Pumps

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

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Sit to Stand

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

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

Seated Long Arc Quad

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

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.