

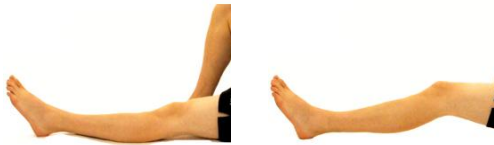
Notes: ALL EXERCISES UP TO THE POINT OF STRETCH OR DISCOMFORT.
PLEASE DO THESE EXERCISES 5 TIMES PER DAY.
PRACTICE STANDING UP FROM THE CHAIR REGULARLY THROUGH THE DAY.
ONCE ADVISED BY THE PHYSIO PRACTICE WALKING AROUND YOUR ROOM AND UP AND DOWN THE CORRIDOR ON YOUR OWN USING YOUR WALKING AID: WALKING AID → OPERATED LEG → NON-OPERATED

1- Circulation Exercises



LYING ON YOUR BACK
MOVE YOUR ANKLE UP AND DOWN SLOWLY
REPEAT 10 TIMES

2- Static Quadriceps Contractions



WITH THE OPERATED LEG STRAIGHT
BRING YOUR TOES TOWARDS YOU
TIGHTEN THE FRONT OF YOUR THIGH MUSCLE BY TRYING TO PUSH THE KNEE DOWNWARD
HOLD FOR 5 SECONDS
REPEAT 10 TIMES

3- Static Gluteal Contractions



TIGHTEN YOUR BUTTOCKS AS HARD AS YOU CAN
HOLD FOR 5 SECONDS
REPEAT 10 TIMES

4- Knee Bending



LIE ON YOUR BACK
BEND OPERATED KNEE UP AS FAR AS COMFORTABLE AND THEN STRAIGHTEN IT OUT SO IT IS FLAT ON THE BED. USE YOUR HANDS TO ASSIST AT FIRST IF NEEDED
REPEAT 10 TIMES

5- Hip Abduction



LIE ON YOUR BACK WITH LEGS STRAIGHT
SLIDE YOUR OPERATED LEG OUT TO THE SIDE AS FAR AS YOU CAN, WHILE KEEPING YOUR KNEE STRAIGHT
DO NOT TURN YOUR KNEE
RETURN YOUR OPERATED LEG TO ITS ORIGINAL POSITION
REPEAT 10 TIMES

6- Straight Leg Raise

LIE ON YOUR BACK WITH YOUR NON OPERATED KNEE BENT AND THE OPERATED LEG STRAIGHT
LIFT YOUR OPERATED LEG OFF THE BED 3", KEEPING IT STRAIGHT
HOLD FOR 5 SECONDS
SLOWLY LOWER THE OPERATED LEG BACK ONTO THE BED
REPEAT 10

7- Quadriceps Strengthening

IN SITTING - LIFT OPERATED LEG STRAIGHT AT THE KNEE AS FAR AS COMFORT ALLOWS, KEEPING YOUR BACK STRAIGHT
HOLD FOR 5 SECONDS
REPEAT 10 TIMES

8- Standing Hip Flexion

STAND UP STRAIGHT BESIDE A TABLE OR CHAIR
LIFT YOUR KNEE ON YOUR OPERATED LEG UP TOWARDS YOUR CHEST AS HIGH AS YOU CAN
LOWER YOUR LEG
KEEP YOUR BODY STRAIGHT WHILE YOU LIFT YOUR KNEE
REPEAT 10 TIMES

9- Standing Hip Abduction

STAND STRAIGHT HOLDING ONTO A TABLE
MOVE YOUR OPERATED LEG OUT TO THE SIDE WITHOUT LIFTING YOUR PELVIS
LOWER YOUR LEG
REPEAT 10 TIMES

10- Standing Hip Extension

STAND HOLDING ONTO A TABLE
LIFT YOUR OPERATED LEG UP STRAIGHT BEHIND YOU, WHILE KEEPING YOUR BACK STRAIGHT
LOWER YOUR LEG
REPEAT 10 TIMES