

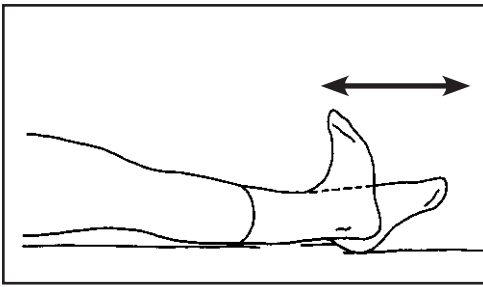
Home Exercise Program

Your success with rehabilitation largely depends on your commitment to follow the home exercise program (on the following pages) developed by your therapists.

Ideally, you should **do your exercises two times a day**, every day, after surgery. Do 10 repetitions of each of your exercises.

If you are comfortable with the exercises, increase the repetitions by five each week until you reach 20 repetitions (week one: 10 repetitions, week two: 15 repetitions and week three: 20 repetitions).

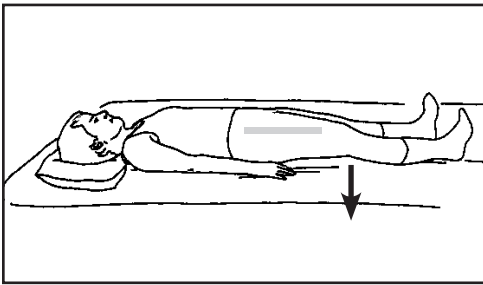
For the most comfort, do your exercises lying down. Your bed is an excellent place to do your exercises.



Exercises — after surgery

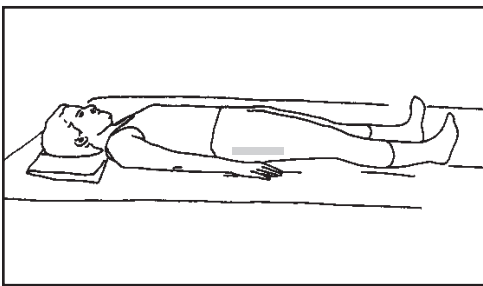
Ankle pumps

Pump your feet up and down by pulling your feet up toward you, then pushing your feet down away from you.



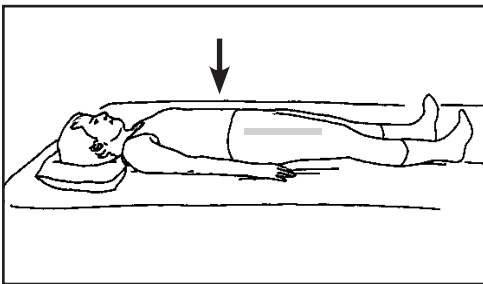
Thigh squeezes (quadriceps sets)

Tighten the muscles on the top of your thigh by pushing the back of your knee down into the bed. Hold for 5 seconds and relax.



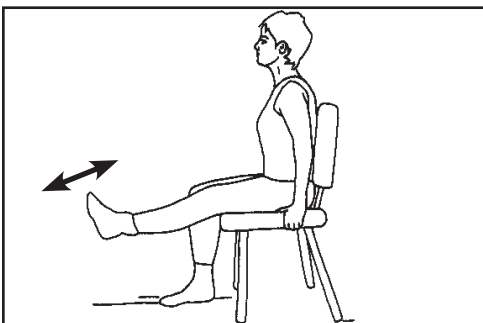
Buttocks squeezes (gluteal sets)

Tighten your buttocks muscles by squeezing the muscles together. Hold for 5 seconds and relax.



Abdominal sets

Tighten your stomach muscles by pulling your belly button in toward your spine. Do not move your spine. Hold for 5 seconds.



Sitting nerve floss

Sit on a sturdy chair. Straighten your knee as much as you can without pain. Bend your ankle up, pulling your toes toward you. Then bend your ankle down, pointing your toes away from you. Repeat with the opposite leg.

Important: This exercise should only be done if instructed by your surgeon. It should not be painful. If you feel pain or a pulling sensation, do not straighten your knee as much. Work toward straightening your knee more each time you do the exercise.

After surgery home exercise program

Check the box under the appropriate day and week after you perform the exercises selected for you. If you feel comfortable doing 10 repetitions of each exercise, increase the repetitions by 5 each week until you get to 20 repetitions.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Walking																												
Ankle pumps																												
Thigh squeezes																												
Buttocks squeezes																												
Abdominal sets																												
Sitting nerve floss																												