PHYSICAL THERAPY

THE FOLLOWING ARE BASIC EXERCISES TO COMPLETE FOR LEGS BEFORE AND AFTER SURGERY. PLEASE PERFORM AS DIRECTED BY YOUR PHYSICAL THERAPIST

1. ANKLE PUMPS
   Point and then flex both feet
   Repeat 10 – 30 times

2. Quadriceps Sets
   Press the back of your knee against the bed
   Hold for a count of 5 and relax
   Do not hold your breath
   Repeat 10 times

3. Gluteal Sets
   Squeeze your buttocks together
   Hold for a count of 5 and relax
   Do not hold your breath
   Repeat 10 times

4. Heel Slides
   With your foot on the bed slide your heel toward your buttocks as far as comfortable
   If you have had a hip replacement do not go past 90° at the hip
   Pause and then slide your leg back down
   Repet 5-10 times
5. **Hip Abduction/Adduction**
   - Start with your feet about the width of your hips
   - Slide your leg out to the side
   - with your toe pointing to the ceiling
   - then return foot to starting position do not cross midline

   Repeat 5-10 times

6. **Straight Leg Raising**
   - With your unininvolved leg bent foot flat
   - Involved leg straight raise leg from the hip
   - Lower slowly

   Repeat 5-10 times

7. **Knee Extension**
   - With involved leg supported with a ball/ towel and unininvolved leg bent, straighten and bend leg at the knee.

   Repeat 5-10 times