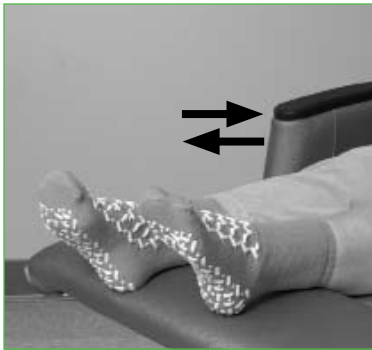


Camp Exercises

Before Surgery: We encourage you to do 10-20 repetitions once or twice daily of exercises #1-7. Be sure to do these exercises on both legs. If any exercise causes sharp or shooting pain, do not do that particular exercise. It is normal to feel achy afterward; you are exercising muscles you are not used to using.

After Surgery: You will continue to do the first seven exercises. Your physical therapist will be adding more exercises as you progress.

Exercises for Knees



Exercise #1: Ankle Pumps

Move ankle up and down.
Repeat 20 times.



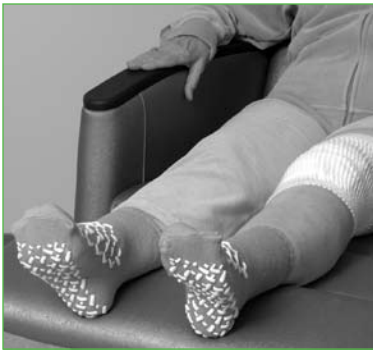
Exercise #2: Quad Set (Thigh Squeezes)

Sitting in recliner, press knee into chair, tightening muscle on top of thigh.
Hold 5 seconds.
DO NOT hold your breath.
Repeat 20 times.



Exercise #3: Gluteal Sets (Butt Squeezes)

Squeeze bottom together.
Hold 5 seconds.
DO NOT hold your breath.
Repeat 20 times.



Exercise #4: Hip Abduction and Adduction (Slide Heels Out and In)

Sitting in recliner, slide leg out to side. Keep toes pointed up and knees straight. Bring legs back to starting point. Repeat 20 times.



Exercise #5: Heel Slides (Slide Heels Up and Down)

Sitting in recliner, slide heel toward bottom. Repeat 20 times.



Exercise #6: Short Arc Quads

Sitting in recliner, put towel roll under knee. Lift foot, straightening knee. **DO NOT** raise thigh off roll. Repeat 20 times.



Exercise #7: Straight Leg Raises

Sit with back against chair. Bend good knee up. Straighten knee and lift leg off chair. Repeat 20 times.



Exercise #8: Seated Knee Flexion

Sitting in a recliner or straight-back chair, try to gently stretch and bend the knee as far as possible.

Hold 5 seconds, keeping hips on chair.

Repeat 20 times.

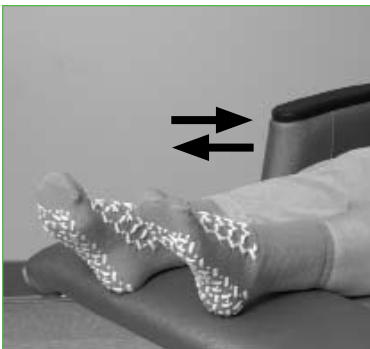


Exercise #9: Extension Stretch

Prop foot of operated leg on coffee can or towel roll.

Work up to 20 minutes.

Exercises for Hips



Exercise #1: Ankle Pumps

Move ankle up and down.

Repeat 20 times.



Exercise #2: Quad Set

Sitting in recliner, press knee into chair, tightening muscle on top of thigh.

Hold 5 seconds.

DO NOT hold your breath.

Repeat 20 times.



Exercise #3: **Gluteal Sets (Butt Squeezes)**

Squeeze bottom together.
Hold 5 seconds.
DO NOT hold your breath.
Repeat 20 times.



Exercise #4: **Hip Abduction and Adduction (Slide Heels Out and In)**

Sitting in recliner, slide leg out to side.
Keep toes pointed up and knees straight.
Bring legs back to starting point.
Repeat 20 times.



Exercise #5: **Heel Slides (Slide Heels Up and Down)**

Sitting in recliner, slide heel toward bottom.
CAUTION: DO NOT bend hip beyond a 90 degree angle!
Repeat 20 times.



Exercise #6: **Short Arc Quads**

Sitting in recliner, put towel roll under knee.
Lift foot, straightening knee.
DO NOT raise thigh off roll.
Repeat 20 times.



Exercise #7: Long Arc Quads

Sit with back against chair.
Straighten knee.
Repeat 20 times.



Exercise #8: Standing Heel Raises

Standing, hold onto firm surface.
Raise up on toes.
Repeat 20 times.



Exercise #9: Ankle Dorsiflexion – Plantarflexion (Toe Raises)

Standing, hold onto firm surface.
Go back on heels and then return to flat feet.



Exercise #10: Standing Knee Flexion

Standing, hold onto firm surface.
Bend knee of involved leg up behind you.
Straighten to full stand.
Repeat 20 times.



Exercise #11: **Standing Hip Extension**

Standing upright and hold onto firm surface.
Bring leg back as far as possible.
Keep knee straight.
DO NOT lean forward.
Repeat 20 times.



Exercise #12: **Hip Flexion with straight leg**

Standing, hold onto firm surface.
Raise operated leg forward with knee straight.



Exercise #13: **Hip Flexion**

Standing, march in place.
DO NOT go past 90 degrees.



Exercise #14: **Mini Wall Squat**

With feet shoulder width apart and back to wall, slide down wall until knees at 30 to 45 degrees of bend.
Return to an upright position.
CAUTION: You should not bend your knees enough to cause pain.



Exercise #15: **Single Leg Step-up**

With foot of involved leg on step, straighten that leg.
Return.

How high you can go will depend on your strength.
Start low. You may exercise your good leg as well.



Exercise #16: **Side-lying Hip Abduction**

Lying on side, tighten muscle on front of thigh and then lift leg 8-10
inches away from the floor.