

Questions?

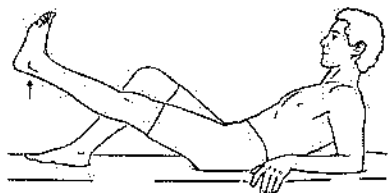
Routine For:
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HIP / KNEE - 18 Strengthening: Straight Leg Raise
(Phase 2)

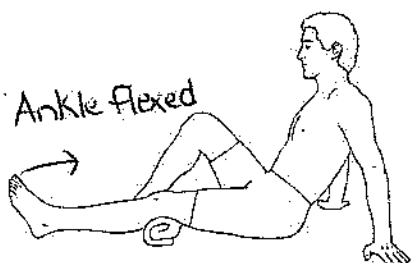
Do in brace



Resting on forearms, tighten muscles on front of ~~left~~^R thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 2 sets per session.
Do 3-5 sessions per day.

HIP / KNEE - 49 Quad Set: Slight Flexion

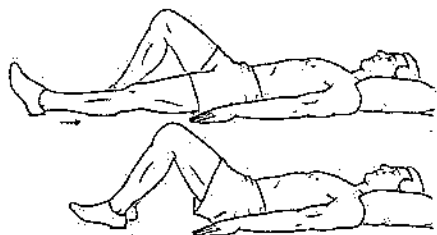


Tense muscles on top of ~~left~~^R thigh. Hold 5 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 3-5 sessions per day.

HIP / KNEE - 65 Self-Mobilization: Heel Slide (Supine)

Hold at 30° for 10 to 14 days (or until post-op visit)



Slide ~~left~~^R heel toward buttocks until a gentle stretch is felt. Hold 3 seconds. Relax.

After post-op visit, you may bend to 90°

Repeat 20 times per set. Do 2 sets per session.
Do 5 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.