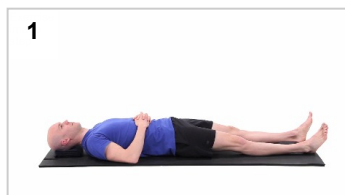


Supine Gluteal Sets



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Quadricep Sets



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Supine Ankle Pumps



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Short Arc Quad



Setup

Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

Movement

Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

Tip

Make sure to keep your back flat against the floor as you move your leg.

Supine Heel Slide



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Supine Hip Abduction



Limit to 10 degrees to neutral position

Setup

Begin lying on your back with your legs straight.

Movement

Move one leg out to the side as far as you can without bending at your side.

Tip

Make sure to keep your back on the ground and do not move your upper body during the exercise

Supine Bridge



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

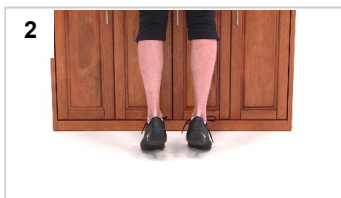
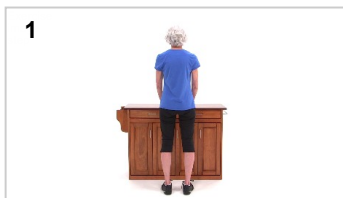
Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Heel rises with counter support



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

Seated Long Arc Quad



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.