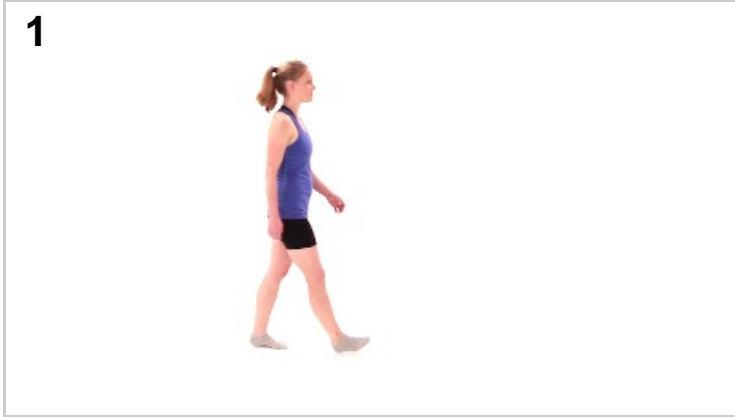


Walking Program



This program will vary depending on how fit you were before this surgery. Allow your therapist to customize your walking schedule before leaving the hospital.

Use walker if needed for 1 - 2 weeks

Week 1-2: 6 -12 walks/day under 5 - 10 mins each

Week 3: 6 walks/day for 10-15 minutes each

Week 4: 2 - 3 walks/day for 30 mins each

Week 5: 2 walks/day for 30 mins each or 1 walk for 60 mins

Ankle Pumps

30X: PER HOUR



Lying down or sitting with feet elevated, pull toes upwards towards your head. Then point toes downward. Pump quickly at the same time. This is best if performed as much as possible for the first 2 weeks after surgery.

Glute Squeeze

REPS: 25	DAILY: 2	WEEKLY: 7
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Setup

Begin lying on your back or in recliner. You can bend both knees if this is more comfortable.

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.

Heel Digs

REPS: 25

DAILY: 2

WEEKLY: 7

1



2



Setup

Begin lying on your back or in recliner with one leg bent and your other leg straight.

Movement

Gently press your heel into the bed. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

Tighten core with alternating heel slides

REPS: 25

DAILY: 2

WEEKLY: 7

1



2



Setup

Begin lying on your back or in recliner with your knees bent, feet resting on the bed, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then slide one heel away from your body. Bring it back to the starting position and alternate to your other leg.

Tip

Make sure to keep your abdominals tight as you slide your legs. Do not hold your breath during the exercise.

Seated March

REPS: 25	DAILY: 2	WEEKLY: 7
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Setup

Begin sitting upright in a chair with your feet flat on the floor **without** back support.

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it slump as you lift your legs.

Shoulder rolls in sitting or standing

REPS: 10

DAILY: 2

WEEKLY: 7

1



2



Setup

Begin in a sitting or standing upright position with your arms at your sides.

Movement

Gently roll your shoulders up and backwards. Repeat this movement.

Tip

Make sure to maintain good posture during the exercise.

Standing Heel Raise with Support

REPS: 15	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position holding onto a stable surface in front of you for support. Hold walker if you are still using one.

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

Sit to Stand

REPS: 10	DAILY: 2	WEEKLY: 7
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Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Keeping your back straight, squeeze buttocks then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing. Start with arm rests then progress to not using arms.