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STEP 1



STEP 2



### Standing Calf Stretch

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a chair in front of you.

#### Movement

Place your hands on the chair and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

#### Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

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### Supine Hamstring Stretch with Strap

**SETS: 3 | SECONDS: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

#### Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

#### Tip

Make sure to keep your other leg straight on the ground during the stretch.

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### Prone Quadriceps Stretch with Strap

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front on a bed or flat surface with your surgical leg slightly bent and a strap or belt looped around your foot.

#### Movement

Pull the end of the strap over your shoulder, bending your leg until you feel a stretch in your surgical knee or thigh. Hold, then relax and repeat.

#### Tip

Make sure to keep your movements slow. Do not twist your foot or arch your back during the stretch.

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### Half Kneeling Hip Flexor Stretch

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a half kneeling position with one knee bent in front of your body.

#### Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

#### Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



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### Supine Hip External Rotation Stretch

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Cross one leg over the other, resting your ankle on your opposite knee. Bend the knee of your bottom leg toward your body until you feel a stretch in your hip, and hold.

#### Tip

Make sure to keep your hip relaxed and your back flat against the ground.

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### Straight Leg Raise with Ankle Weight

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with one leg bent and your opposite leg straight with a weight around your ankle.

#### Movement

Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

#### Tip

Make sure to not let your leg or pelvis rotate to either side and do not arch your back.

STEP 1



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### Sidelying Hip Abduction with Ankle Weight

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with an ankle weight secured around your top foot.

#### Movement

Extend your leg slightly backward until your toes are at the level of your bottom heel. Raise your leg toward the ceiling, keeping your knee and foot straight.

#### Tip

Make sure not to roll forward or backward during the exercise.

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### Prone Hip Extension

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin by lying on your stomach with both legs stretched straight behind you.

#### Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

#### Tip

Make sure to keep your knee straight and trunk steady during the exercise.

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### Supine Bridge with Resistance Band

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with your arms laying at your sides, your legs bent at the knees and your feet flat on the ground, with a resistance band secured around your legs.

#### Movement

Maintaining tension in the resistance band, 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.

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### Clam with Resistance

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with your knees bent, feet in line with your trunk, and a band looped around your legs.

#### Movement

Activate your stomach muscles and lift your top knee upward, keeping your feet together. Return to the starting position and repeat.

#### Tip

Make sure to keep your stomach muscles active and do not let your hips roll forward or backward during the exercise.

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### Standing Terminal Knee Extension with Resistance

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.

**Movement**

Gently straighten your knee, pulling against the resistance band.

**Tip**

Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.

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### Side Stepping with Resistance at Ankles

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

**Movement**

Slowly step sideways, maintaining tension in the band.

**Tip**

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



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### Forward and Backward Monster Walk with Resistance at Ankles and Counter Support

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your hand resting on a counter at your side and a resistance band looped around your ankles.

**Movement**

Keeping your feet hip width apart, slowly walk forward, one foot at a time. When you reach the end of the counter, walk backward to return to the starting position.

**Tip**

Make sure to maintain tension in the band and use the counter to help you balance as needed. Do not let your feet drag on the ground or your legs collapse inward during the exercise.

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### Lateral Step Down

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin by standing on a platform or step with one leg hanging off the edge.

**Movement**

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

**Tip**

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

STEP 1



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### Box Squat with Band and Dumbbell

**SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position in front of a chair with a resistance loop around your knees.

**Movement**

Lower yourself into a squatting position as you press your knees slightly outward against the resistance band until you lightly touch the chair. Then return to standing and repeat.

**Tip**

Make sure to keep tension in the resistance band and do not let your knees bend forward past your toes during the exercise.