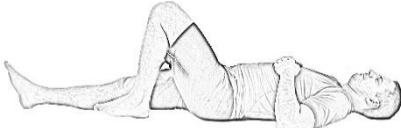
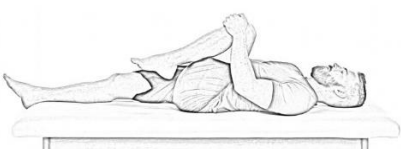

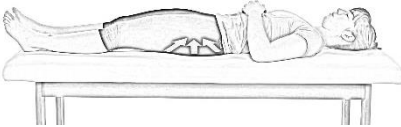



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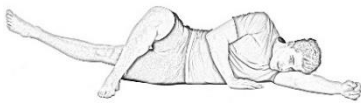


### Pre-Operative and Initial Post-Operative Exercises

Complete these exercises 0-3 weeks Post-Operatively on both legs as able	
Range of Motion - Complete 10-15 repetitions, 3x/day	
<b>Heel Slides</b> 	Lying on your back with legs out straight Slide the heel of the affected side towards your buttocks Hold for 3 seconds then slide the heel out again Repeat
<b>Hip Flexion</b> 	Lying on your back with legs out straight Pull the knee of the affected side up towards your chest Hold for 3 seconds then return the leg to starting position Repeat
Strengthening – Work your way up to 3 sets of 10-15 repetitions, 1x/day	
<b>Straight Leg Raise</b> 	Lying on your back with unaffected leg bent, affected leg out straight Keep your leg fully extended and lift your heel 10-15cm Hold for 3 seconds and lower under control Make sure your abdominals are lightly braced and your back does not arch as you lift the leg
<b>Glute Squeeze</b> 	Lying on your back, squeeze your glutes together Hold for 3 seconds and relax
<b>Seated Knee Extension</b> 	Sitting in a chair, kick the affected leg out straight Focus on squeezing the muscles in the front of your thigh Hold 3 seconds then lower under control  **You may add a resistance band to this to increase difficulty in later weeks**

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Once transitioned to boot, add the following exercises	
Strengthening – Work your way up to 3 sets of 10-15 repetitions, 1x/day	
<b>Supine Clamshell</b> 	Lying on your back with your knees bent and a resistance band around your knees Slowly and under control, push your knees apart against the resistance, while keeping your feet together Hold for 3 seconds and then slowly and under control, bring the knees together again
<b>Sidelying Hip Abduction</b> 	Lying on your unaffected side, with that leg bent Lift the affected leg up and slightly back Keep the foot parallel to the ground and try not to let the leg come forward as you lift Hold for 3 seconds then lower the leg under control
<b>Sidelying Hip Adduction</b> 	Lying on your affected side with unaffected side bent in front Lift the affected leg up Keep the knee straight and toes forward Hold for 3 seconds then lower the leg under control
<b>Prone Hip Extension</b> 	Lying on your belly with the affected sides knee bent as much as you can Lightly brace the abdominals and keep a neutral spine as you squeeze your glutes and lift the leg off the ground Try not to move the pelvis as you lift Hold 3 seconds then lower under control
<b>Dead bug</b> 	Lying on your back with knees and hips bent to 90 degrees and both arms vertical Brace the abdominal lightly by pressing your back into the floor Slowly and under control, lower one leg and the opposite arm *only as far as you can keep your back on the floor Slowly and under control, return to the starting position and repeat with the opposite arm and leg