

Knee/Hip Strengthening Home Exercise Program



Crab Walk (Hip Abduction walk with band)

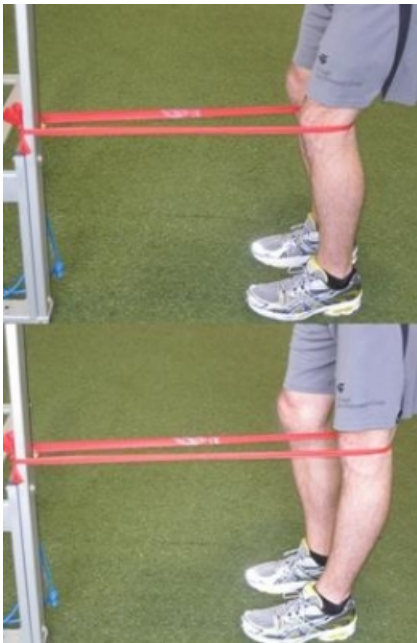
Stand with band around ankles and feet spread about shoulder width apart, with tension on band. Slowly step out to side, maintaining band tension, then return to start position.

Repeat across 15-20 feet, 3-4 times

Repeat 4 Times

Complete 2 Sets

Perform 1 Times a Day



Terminal knee extension -TKE

Place tubing/band around involved knee. Stand with knee slightly bent. Tighten the quadriceps (front of your thigh) to straighten the knee. DO NOT PULL THE KNEE STRAIGHT WITH THE HAMSTRINGS.

Repeat 15 Times

Complete 2 Sets

Hold 2 Seconds

Perform 1 Times a Day



LATERAL STEP-UPS

Stand on stool or step with involved leg. Lower the uninvolved leg until the heel touches the floor, then press back up using the muscles in the involved leg only. Repeat.

Repeat 15 Times

Complete 3 Sets

Perform 1 Times a Day



Bridges

Lie on your back with your knees bent and heels close to your bottom. Slowly push up through your heels and raise your hips towards the sky until your body is in one straight line from your shoulder to your knee. Squeeze your glutes at the top and hold it for three seconds and slowly lower back to the floor and repeat!

Repeat 20 Times

Hold 3 Seconds

Complete 2 Sets

Perform 1 Times a Day



Leg Press

Preparation

Sit on machine with back on padded support. Place feet on platform. Grasp handles to sides.

Execution

Push platform away by extending knees and hips. Return and repeat.

Repeat 12 Times

Complete 2 Sets

Perform 1 Times a Week



Wall Slides

Stand with low back against the wall. Bend knees to slide back down against wall until knees are bent to a 90 degree angle. Make sure that your knees do not go past your toes. Slowly straighten knees to return to standing.

Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets

Perform 1 Times a Day



ALTERNATING LUNGES

Stand with feet shoulder width apart and arms hanging to sides (picture 1). Step out with right foot, lowering body until both knees are bent to 90 degrees (picture 2). Do 10 lunges on each leg, repeat 3 times. Perform once a day



MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

When easy to complete on both legs, try on just your surgical leg.

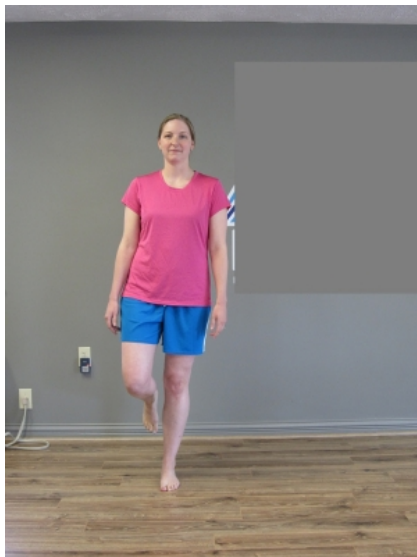
Knees should bend in line with the 2nd toe and not pass the front of the foot. Video # VVKANC34L

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



Single Leg Balance

Single Leg Balance

Pick up one of your feet behind you so that you are standing on one leg. Stand up tall and look straight ahead. Repeat on other leg.

Do this in front of a counter for safety.

Hold 30 Seconds

Complete 5 Sets

Perform 1 Times a Day



Side plank

Place elbow on floor and lift hips with feet stacked. You may bend knees if needed.

Repeat 5 Times

Hold 15 Seconds

Perform 1 Times a Day