Ex Fix Rehab Phase II
Strengthening

Perform ______repetitions of each exercise, twice daily.
Increase to ______repetitions.

Ankle Pumps: With leg resting on bed and knee straight, slowly pump ankle up and down as far as possible.

Quad sets: Tighten thigh muscle and straighten knee as much as possible. Hold 5 seconds.

Glut sets: Tighten buttocks, hold 5 seconds.

Short arc quads: Place a firmly rolled blanket under knee, with foot resting on bed. Straighten knee and hold 5 seconds.

Heel Slides: Slowly bend your knee by sliding your foot as close to your buttocks as able.
Ex Fix Rehab Phase II
Strengthening

Perform ______repetitions of each exercise, twice daily.
Increase to ______repetitions.

**Long arc quads:** Sit with knees bent. Slowly straighten knee. Hold 5 seconds.

**Straight leg raise:** Lie on your back with opposite knee bent. Slowly raise leg, keeping knee straight. Hold 2 seconds.

**Straight leg raise, sidelying:** Bend bottom leg. Keep top leg in line with shoulder. Raise leg slowly, keeping knee straight. Hold 2 seconds.

**Straight leg raise, prone:** Tighten buttocks and raise leg, keeping knee straight. Hold 2 seconds. Optional: place pillow under hips.
Ex Fix Rehab Phase II
Strengthening

Perform ______ repetitions of each exercise, twice daily.
Increase to ______ repetitions.

Hamstring curls: Slowly bend knee, bringing foot towards buttocks until you feel a stretch on front of thigh. Hold 5 seconds.

Standing hip flexion with knee bent: Stand with hand on a support. Lift leg with knee bent, as if marching.

Standing hip abduction: Stand with hand on a support. Tighten outer thigh and lift leg to the side, keeping knee straight and trunk upright.

Standing hip extension: Stand with hand on a support. Tighten buttocks and lift leg behind you, keeping knee straight and trunk upright.
Ex Fix Rehab Phase II
Strengthening

Perform ______ repetitions of each exercise, twice daily.
Increase to _____ repetitions.

Standing hip flexion with knee straight:
Stand with hand on a support. Lift leg forward, keeping knee straight.

Weight bearing on scale: Practice placing as much weight as tolerated through leg. Use a bathroom scale to measure progress.
Ex Fix Rehab Phase II
Stretching

Perform ______ repetitions of each exercise, twice daily.

**Heelcord Stretch**: Pull heel bone AWAY from patient while pushing ball of foot TOWARDS patient. Hold 20 seconds.

**Knee extension stretch**: Gently push down on top of thigh (just above the knee) while lifting calf upward, to straighten knee. Hold 20 seconds.

**Hip extension stretch**: Lying on side. Stabilize pelvis with one hand firmly on buttocks while slowly moving thigh backwards, to straighten hip. Hold 20 seconds.

**Knee flexion stretch**: Lying on stomach. Stabilize hip while gently bending knee. Do not allow bottom to rise from bed. Hold 20 seconds.
Ex Fix Rehab Phase II
Stretching

Perform ______ repetitions of each exercise, twice daily.

**Hip abduction stretch:** Take leg out to side until a stretch is felt on inner thigh. Stabilize hip on opposite side. Keep knee straight and avoid leg rolling outward. Hold 20 seconds.

**Hamstring stretch:** Begin with hip and knee bent in a chair position. Keeping thigh in place, gently straighten knee until stretch is felt on back of thigh. Hold 20 seconds.

Patellar Mobilizations:
Ex Fix Rehab Phase II
General Guidelines

Activity:

1. Standing and walking on surgical leg is encouraged! Crutches/walker are for comfort and balance only and may be weaned as able.
2. Home exercise program twice daily.
3. May use ankle weights and resistance bands under PT guidance.
4. May pedal stationary bike, walk on treadmill, use elliptical as tolerated.

Positioning and Bracewear:

1. Wear ankle brace or dorsiflexion strap as instructed.
2. Lie flat on stomach at least once daily for 30 minutes.
3. No compression garments or devices. May elevate and ice as needed for swelling.