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AAOS  
AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS



IRGINIA SPINE & SPORTS ORTHOPAEDICS

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## Initial Exercise Program

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### *Hamstring Contraction*

Repeat 10 times.



No movement should occur in this exercise. Lie or sit with your knees bent to about 10 degrees. Pull your heel into the floor, tightening the muscles on the back of your thigh. Hold 5 seconds, then relax.

### *Quadriceps Contraction*

Repeat 10 times.



Lie on stomach with a towel roll under the ankle of your operated knee. Push ankle down into the towel roll. Your leg should straighten as much as possible. Hold for 5 seconds. Relax.

### ***Buttock Tucks***

Repeat 10 times.



While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds.

### ***Straight Leg Raises, Standing***

Repeat 10 times.



Support yourself, if necessary, and slowly lift your leg forward keeping your knee straight. Return to the starting position.

## **Intermediate Exercise Program**

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### ***Terminal Knee Extension, Supine***

Repeat 10 times.



Lie on your back with a towel roll under your knee. Straighten your knee (still supported by the roll) and hold 5 seconds. Slowly return to the starting position.

**Advanced:** Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

### ***Straight Leg Raises***

Perform 5 sets of 10 repetitions.



Lie on your back, with your uninvolvement knee bent. Straighten your other knee with a quadriceps muscle contraction. Now, slowly raise your leg until your foot is about 12 inches from the floor. Slowly lower it to the floor and relax.

**Advanced:** Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

### ***Partial Squat, with Chair***

Repeat 10 times.



Hold onto a sturdy chair or counter with your feet 6-12 inches from the chair or counter. Do not bend all the way down. DO NOT go any lower than 90 degrees. Keep back straight. Hold for 5-10 seconds. Slowly come back up. Relax.

### ***Quadriceps Stretch, Standing***

Repeat 10 times.



Standing with the involved knee bent, gently pull heel toward buttocks, feeling a stretch in the front of the leg. Hold for 5 seconds.

## Advanced Exercise Program

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### ***Knee Bend, Partial, Single Leg***

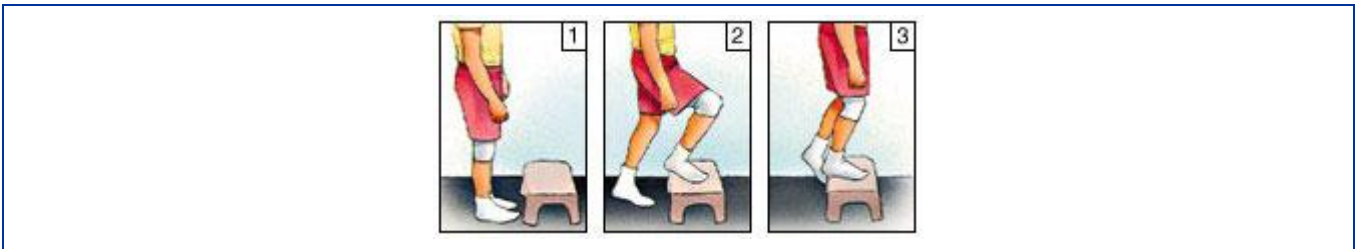
Repeat 10 times.



Stand supporting yourself with the back of a chair. Bend your uninvolved leg with your toe touching for balance as necessary. Slowly lower yourself, keeping your foot flat. Do not overdo this exercise. Straighten up to the starting position. Relax.

### ***Step-ups, Forward***

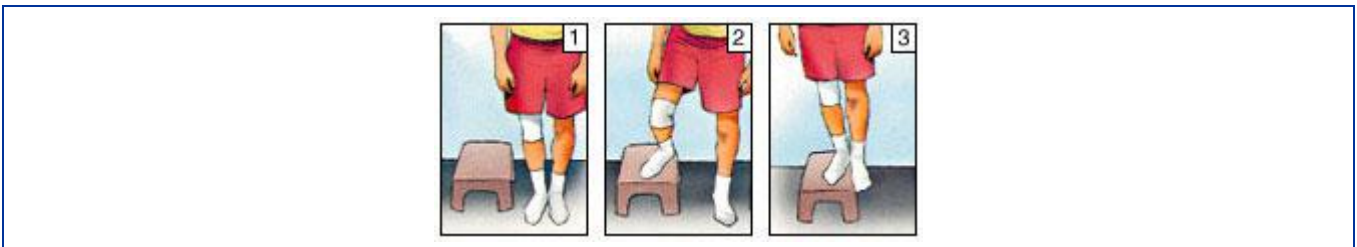
Repeat 10 times.



Step forward up onto a 6-inch high stool, leading with your involved leg. Step down, returning to the starting position. Increase the height of the platform as strength increases.

### ***Step-ups, Lateral***

Repeat 10 times.



Step up onto a 6-inch high stool, leading with your involved leg. Step down, returning to the starting position. Increase the height of the platform as strength increases.