

## **POST OPERATIVE EXERCISES**



### **DR. ROGER CHAMS ILLINOIS BONE AND JOINT INSTITUTE PHYSICAL THERAPY**

**These exercises should be performed starting upon return home from surgery, three times a day until your first physical therapy visit.**

#### **1. ANKLE PUMPS**

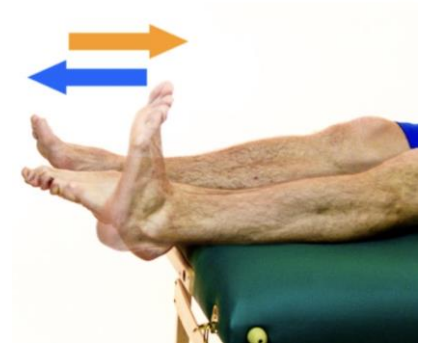
**Bend your foot up and down at your ankle joint.**

**Perform 3 sets of 10 repetitions.**

**Complete 3 sets per day minimum.**

**Note: Perform Ankle Pumps throughout the day.**

**This is most important exercise to improve blood circulation, prevent blood clotting, and reduce swelling.**



#### **2. QUAD SETS**

**Repeat 30 times.**

**Perform 3 sets of 10 repetitions.**

**Complete 3 sets per day.**

**Sit down and straighten your leg and knee.**

**Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat.**



#### **3. STRAIGHT LEG RAISES**

**While lying on your back, tighten your thigh muscle and raise your leg up with a straight knee. Keep the opposite knee bent with the foot on the ground.**

**Repeat 30 times.**

**Complete 3 sets per day minimum.**

