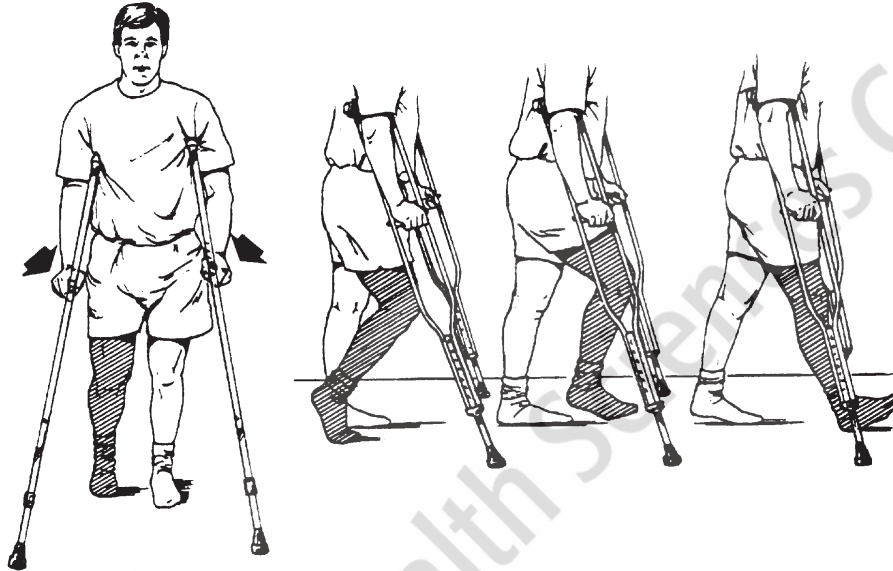


**POINTS TO REMEMBER:**

- use your walking aid until you return to the clinic or until your physiotherapist indicates a change
- use a normal heel toe gait - pick your foot up and take a normal step - keep your big toe pointing forward



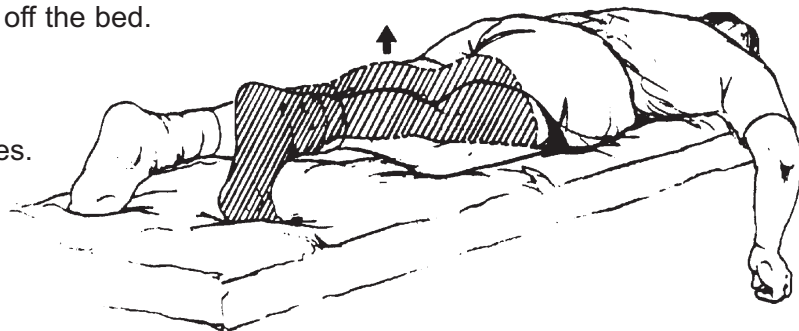
**Exercises Two Weeks After Surgery**

*At two weeks after your surgery your physiotherapist may introduce exercises A to D.*

**Exercise A:**

***Lying on your stomach:***

1. Place your foot (operated leg) so that the toes are supporting the weight of your leg.
2. Tighten the muscles on the back of that leg.
3. Lift the knee (operated leg) off the bed.
4. Hold for 5 seconds.
5. Relax.
6. Repeat the exercise 10 times.

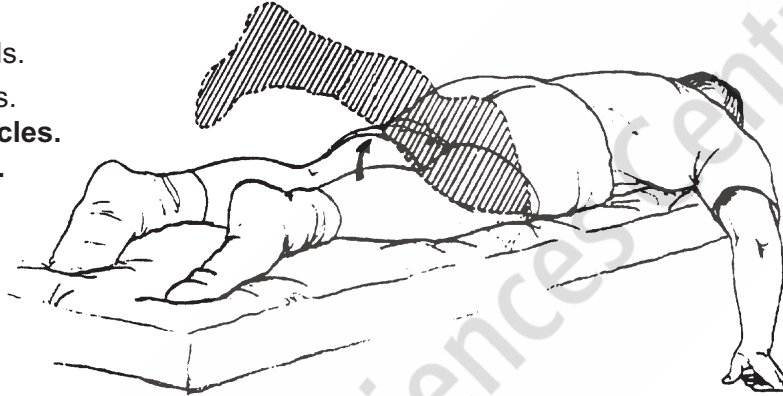


**Exercise B:**

***Lying on your stomach with both legs straight -***

1. Raise your operated leg up off the bed about 2 inches.
2. Hold for 5 seconds.
3. Relax to a count of 5 seconds.
4. Repeat the exercise 10 times.

**Do not use your back muscles.  
Keep your hips on the bed.**



**\*These exercises are designed to improve the way you walk.**



**Exercise C**

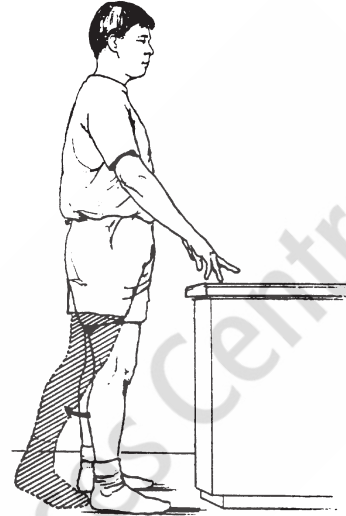
***Standing, holding onto the kitchen counter or table - make sure that you do not bend forward at the waist.***

1. Bring your knee (operated leg) up in a marching fashion.  
**Do not bring your knee higher than the level of your hip.**
2. Hold for 5 seconds.
3. Relax.
4. Repeat the exercise 10 times.

### Exercise D

**Standing, holding onto the kitchen counter or table, with your knee straight -**

1. Bring the operated leg out behind you.  
**Do not bend forward at the waist.**
2. Hold for 5 seconds.
3. Relax.
4. Repeat the exercise 10 times.



### Exercises Four Weeks After Surgery

**At four weeks after your surgery your physiotherapist may introduce exercises A and B.**

#### Exercise A:

**Lying on your back with your big toe (operated leg) pointed toward the ceiling -**

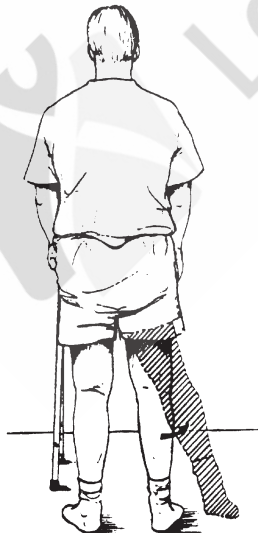
1. Slide your operated leg out to the side.
2. Hold for 5 seconds.
3. Bring the operated leg back beside the other leg - do not cross the midline.
4. Relax.
5. Repeat the exercise 10 times.



#### Exercise B

**Standing, holding onto the kitchen counter or table, with your knee straight (operated leg) -**

1. Move your operated leg out to the side.  
**Try to keep your hips level.**
2. Relax.
3. Repeat the exercise 10 times.



## Exercises Six Weeks After Surgery

### Exercise A:

**\*These exercises are designed to improve your range of motion and strength.**

#### ***Lying on your back -***

1. Bend your operated leg, sliding your heel towards you along the bed. Lift your heel off the bed. Hold 5-10 seconds, then relax and repeat.
2. Bend your non-operated leg and slide it along the bed and lift it up towards your chest. Hold it against your chest. At the same time, push your operated leg down against the bed. Hold 5-10 seconds, then relax and repeat.

### Exercise B:

#### ***Lying on your non-operated side -***

- With your operated hip facing the ceiling lift your operated leg up sideways towards the ceiling (keep your knee straight). Hold your leg up 5 seconds.
- Relax.
- Repeat the exercise 10 times.

To progress this exercise, place a weight above your knee. You may gradually move it down to your ankle.

To increase resistance, increase your weights by one pound as tolerated.

### Exercise C:

#### ***Standing -***

- Hold onto a kitchen counter. Balance your body weight equally between both your legs. Standing on your operated leg, bend your opposite knee up. Hold for 5 seconds. Try and hold your hips level.
- Relax.
- Repeat the exercise 10 times.

### Exercise D:

- Balance your body weight equally between both your legs. Take all your weight on your operated leg. Lift your non-operated leg out sideways. At the same time, try to maintain your hips on a level. Hold 5 seconds.
- Relax.
- Repeat the exercise 10 times.

**Exercise E:**

***Standing a few feet away from the wall, facing it -***

- Place your operated leg behind the other leg.
- Place your hands on the wall.
- Keep your back heel on the ground and bend this knee slightly.
- Lean forward.
- Hold for 5 seconds.
- Relax.
- Repeat the exercise 10 times.

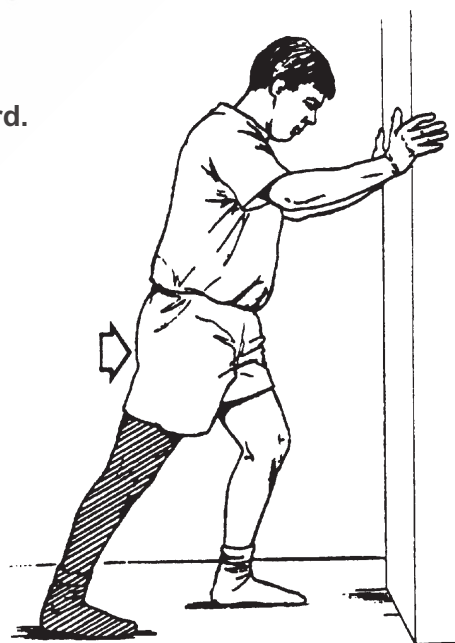


**Exercise F:**

**\*This exercise stretches your calf muscle and heel cord.**

***Standing a few feet away from the wall, facing it -***

- Place your operated leg behind the other leg.
- Place your hands on the wall.
- Keep your back leg straight and heel on the ground.
- Lean forward, keeping your back straight - you should feel a stretch in the back of your calf muscles.
- Hold for 5 seconds.
- Relax.
- Repeat the exercise 10 times.



**If you have any questions, please contact your Physiotherapy Department.**