



## Personal exercise program

Hospital for Special Surgery  
 Hospital for Special Surgery  
 535 East 70th Street, 10021, New York, New York, United States

Provided by HSS Rehab and LLCRS  
 Provided for

LLCRS: Femur  
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### **Knee Flexion: Dangle**

Sit in a chair or on the edge of your bed and let your operated leg just hang downwards with gravity. The operated leg can be supported by the opposite leg. The goal is right angle (90 degrees).

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



### **Knee flexion Step 1:**

Sit in a chair or on the edge of your bed



### **Knee Flexion Step 2:**

Slide your \_\_\_\_\_ foot backwards as far as tolerated to allow for the bending of your knee. Use your good leg to assist your \_\_\_\_\_ leg further backwards for a greater stretch. Goal is right angle (90 degrees).

Then slowly return to the starting position.

You may want to put your foot on a towel to allow the foot to slide easier.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

**Knee Extension:**

Sitting in a chair or on your bed, slowly try to straighten out your \_\_\_\_\_ leg so your knee is fully straight and then return to the starting position.

You may use your \_\_\_\_\_ leg to assist your leg upwards if necessary.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

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**Heel Slide Step 1:**

Start with your \_\_\_\_\_ leg straight on the bed

**Heel Slide Step 2:**

Slide your \_\_\_\_\_ heel back towards your buttocks. Then slide back to the starting position.

Be sure to control the entire movement smoothly.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

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**Passive Knee Extension:**

Place a towel roll under your \_\_\_\_\_ ankle to allow your knee to become as straight as possible.

This is a good resting position and should be used throughout the course of the day.

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**Prone Lying:**

Lie on your stomach \_\_\_\_\_ times a day for \_\_\_\_\_ minutes at a time.

This will allow for stretching of your hip flexors

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**Prone Knee Flexion:**

Lying on your stomach, slowly bend your \_\_\_\_\_ knee as shown.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

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**SLR Step 1:**

Gently squeeze your \_\_\_\_\_ knee down towards the bed.

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**SLR Step 2:**

Keeping your knee straight, lift your \_\_\_\_\_ leg off the bed to a height of 12-18 inches.

Hold for \_\_\_\_\_ seconds.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.

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