# HOSPITAL SPECIAL SURGERY



# 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 LLCRS: Tibia 4/23/2012

Provided for



#### **Calf Stretch:**

Sit on bed as shown with your knee straight. Use your green stretch strap to pull your foot back towards you.

Hold for	seconds	
Perform	repetitons	times a day



#### Passive Knee extension with hand:

With your foot on a towel roll or pillow, use your hands to gently press down above your knee to help flatten in out on the bed.

Hold for	seconds	
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Repeat	repetitions	times a dav.



#### **Knee Flexion Step 1:**

Sit in a chair on a hard floor with socks on. foot backwards as far as tolerated to allow for bending of your knee.

Perform repetitions times a day.



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

Cross your legs at the ankle and use your good leg to push your leg backwards to feel more of stretch.

Then slowly return to the starting position.

Perform\_\_\_\_\_times a day.

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#### **Active Assitive Knee Extenison:**

Sit in a chair.

Put your good leg behind your\_\_\_\_\_leg at the ankles.

Use your good leg to help straighten your leg until your knee is straight.

Perform \_\_\_\_\_repetitions\_\_\_\_times a day.



#### Ex-fix Heel Slides Step 1:

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



#### Ex-fix Heel Slides 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



#### Proper resting position type 1:

Place a towel roll under your \_\_\_\_\_ ankle. Gently relax your leg to allow your knee to slowly lower down to the bed.

Do throughout the day when not ambulating.



## **Proper resting position type 2:**

If your fixator extends into the foot place firm object under the last ring of you extrernal-fixator or under your ankle if frame does not cover your foot.

This allows your knee to become as straight as possible (flat on the bed)

Do throughout day when not ambulating

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## Ex-fix SLR Step 1:

Gently squeeze your knee towards the bed.
Bend the same foot back towards you.

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## Ex-fix SLR Step 2:

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

Hold \_\_\_\_\_ seconds

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