



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: Tibia
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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 _____ repetitions _____ 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

Repeat _____ repetitions _____ times a day.



Knee Flexion Step 1:

Sit in a chair on a hard floor with socks on.

Slide your _____ foot backwards as far as tolerated to allow for bending of your knee.

Perform _____ repetitions _____ times a day.



Knee Flexion Step 2:

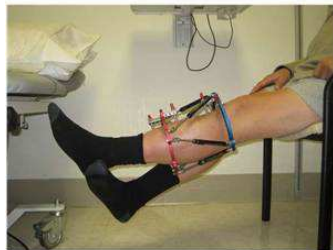
Cross your legs at the ankle and use your good leg to push your _____ leg backwards to feel more of stretch.

Then slowly return to the starting position.

Perform _____ repetitions _____ times a day.

Active Assitive Knee Extension:

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:

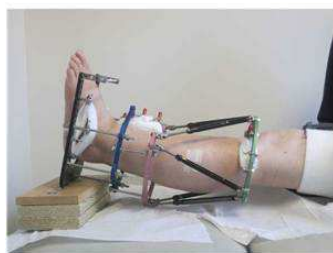
Place a towel roll under your _____ ankle. Gently relax your
_____ leg to allow your knee to slowly lower down to the bed.



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 external-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

**Ex-fix SLR Step 1:**

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

**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