

ANKLE EXERCISES



- Starting your exercise program pre-surgery and working on mobility early is vital to making your surgery a complete success.
- Please begin these exercises right away and continue until you see the Physical Therapist (PT) and/or Occupational Therapist (OT) following your surgery.

Perform exercises 2-3 sets of 10 reps daily. Hold each exercise for 2-3 seconds. **Do exercises with both legs.**

#1- QUAD SET



Tighten your thigh muscles and push the back of the knee down towards the bed. Hold 3-5 seconds. For added stretch, prop your heel on a pillow during exercise.

#2- GLUTEAL SQUEEZE



Squeeze buttocks muscles as tightly as possible while counting to 5 and then relax. Do not hold breath.

#3 - STRAIGHT LEG RAISE



With opposite knee bent, extend surgical leg and tighten thigh muscles to lock knee straight, then lift 6-12 inches before lowering slowly.

#4 - KNEE EXTENSION



Sit with back against chair while keeping thigh glued to the seat, and straighten out the knee as much as possible. Slowly lower back down.