

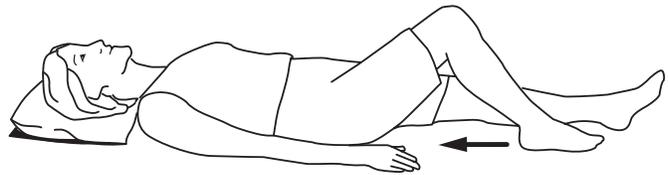
Phase 1 Exercises to Build Your Strength

Begin these exercises now, and keep doing them after surgery. Exercise is part of a successful surgery and getting back to normal, everyday living.

Do them on both legs so both legs are strong. Do all exercises slowly and with control. Repeat each exercise at least 5 times. You can increase the number of times as long as it doesn't hurt too much.

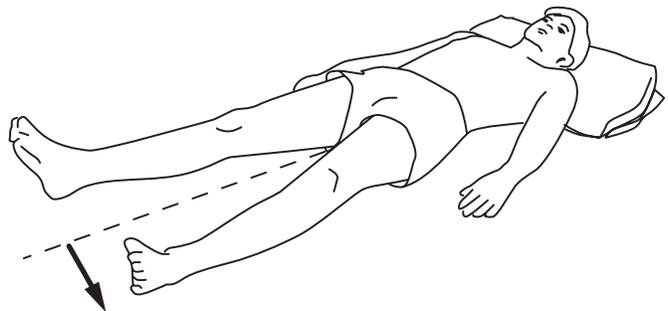
Exercise #1 Makes back thigh muscles stronger and your hips more flexible

1. Bend your knee by sliding your heel along the bed toward your buttocks (backside).
2. Make sure your knee faces the ceiling.
3. Hold for a count of 3 to 5.
4. Slowly straighten your knee by sliding your heel back to your starting position.
5. Repeat.



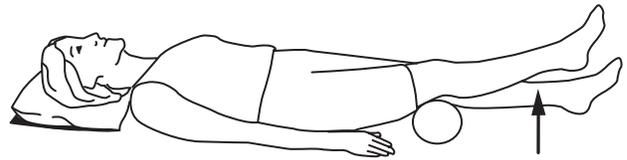
Exercise #2 Makes your legs stronger and your hips more flexible

1. Slide one leg out to the side. Keep your knee straight and toes pointed to the ceiling while sliding your leg. Don't go any further than shown in the picture.
2. Hold for a count of 3 to 5.
3. Slide your leg back again so that it's in line with your bellybutton.
4. Repeat.



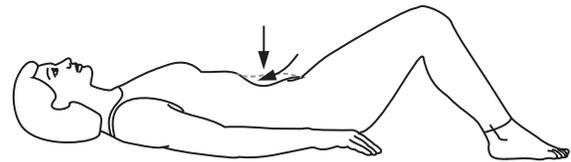
Exercise #3 Makes your front thigh muscles stronger

1. Place a firm roll under your knee.
2. Straighten your leg, lifting your foot off the bed.
3. Hold for a count of 3 to 5.
4. Slowly lower your foot.
5. Repeat.



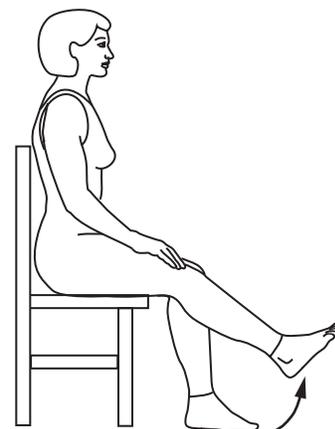
Exercise #4 Makes your stomach muscles stronger

1. Lying on your back, bend both knees and keep your feet flat.
2. Tighten your lower stomach muscles by pulling your bellybutton down towards your spine.
3. Breathe normally while holding for a count of 3 to 5.
4. Relax and repeat.



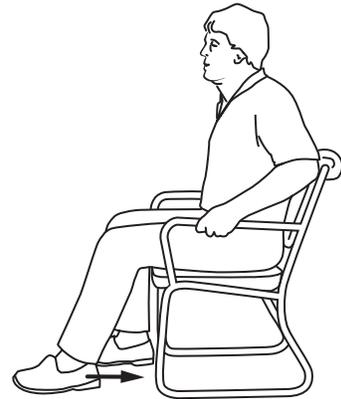
Exercise #5 Makes your front thigh muscles stronger

1. Sit on a steady chair with your thigh supported.
2. Lift your foot and straighten your knee.
3. Hold for a count of 3 to 5.
4. Slowly lower your foot to the floor.
5. Repeat.



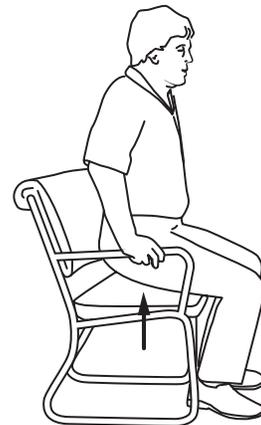
Exercise #6 Makes back thigh muscles stronger and your leg more flexible

1. Sit on a steady chair with your feet flat on the floor.
2. Slowly slide your foot back as far as you can.
3. Hold for a count of 3 to 5.
4. Slowly slide your foot back to the starting position.
5. Repeat.



Exercise #7 Makes your upper arms and shoulders stronger

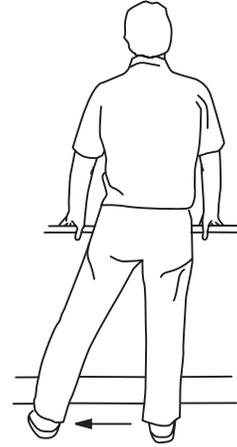
1. Sit on a steady chair, with your feet flat on the floor.
2. Push up with both arms to lift yourself a few inches off the seat.
3. Hold for a count of 3 to 5.
4. Slowly lower yourself onto the chair.
5. Repeat.



When doing these exercises, stand straight, tuck in your stomach, and tighten your buttocks.

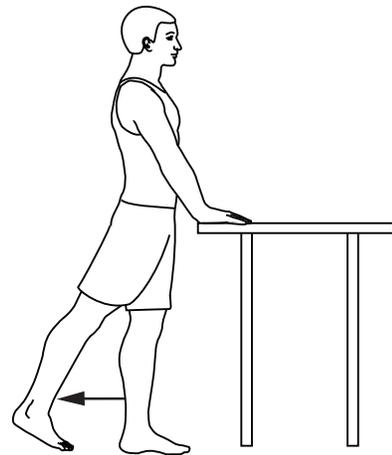
Exercise #8 Makes your legs stronger and your hips more flexible

1. Hold on to a table or counter for support.
2. Slowly move your leg out to the side, and then back. Keep your leg straight at all times.
3. Repeat.



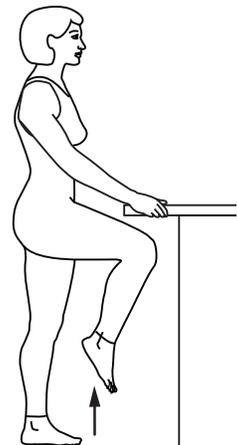
Exercise #9 Makes your legs stronger and your hips more flexible

1. Hold on to a table or counter for support.
2. Keeping your back and legs straight, slowly move one leg behind you. Keep the leg straight. Be careful not to lean forward.
3. Repeat.



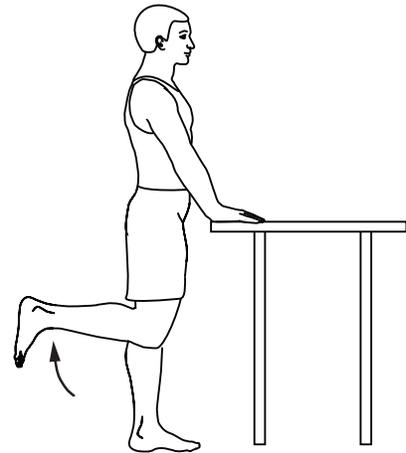
Exercise #10 Standing knee lift

1. Hold on to a table or counter for support.
2. Lift your knee, as if you were going up a step.
3. Hold for a count of 3 to 5.
4. Slowly lower your foot to the floor.
5. Repeat.



Exercise #11 Makes your back thigh muscles stronger

1. Hold on to a table or counter for support.
2. Keeping your back and legs straight, bend one knee by lifting your heel towards your buttocks. Be careful not to move your thigh forward.
3. Hold for a count of 3 to 5.
4. Slowly lower your foot to the floor.
5. Repeat.



Exercise #12 Makes your front thighs and buttock muscles stronger

1. Hold on to a table or counter for support.
2. Stand with your legs shoulder-width apart and your toes pointed forward.
3. Keeping your weight on your heels, slowly bend your knees, keeping your heels on the floor and your knees apart. Make sure not to bend forward at the waist. Make sure your knees don't bend past the tips of your toes.
4. Hold for a count of 3 to 5.
5. Slowly return to your starting position.
6. Repeat.

