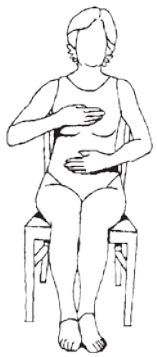
SafeZone Home Exercise Program – Phase I
❑Direct Anterior or ❑ SuperPATH

Apply ice to your incision area for 20 to 30 minutes after exercising to help lessen discomfort. A heating pad should not be used without your surgeon's approval.

1. **Breathing exercises**
   Exercise can be done while sitting or lying down.
   Action: Place your hands directly below the "V" formation of your ribs. Take a slow deep breath in through your nose. Keep your neck and shoulders relaxed. You should feel your stomach push out against your hand. Exhale slowly through your mouth with pursed lips, you should feel your belly move inward as you exhale.

   Do _____repetitions _____times per day.



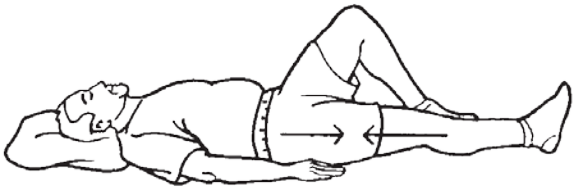
2. **Gluteal sets**
   Exercise can be done while lying down or standing.
   Action: Squeeze buttocks together and hold for 5 seconds. Relax and repeat.

   Do _____repetitions _____times per day.



3. **Quad sets**
   Action: While lying down, tighten the muscles on the top of the thigh and hold for 5 seconds. Relax and repeat.

   Do _____repetitions _____times per day.



4. **Ankle pumps**
   Exercise can be done while sitting or lying down.
   Action: Pull foot up and then point foot down as far as possible.

   Do _____repetitions _____times per day.



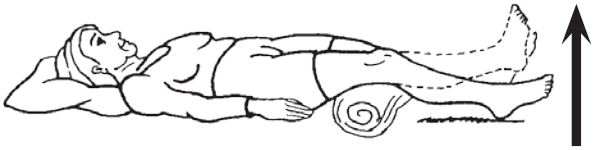
5. **Heel slides**
   Action: While lying down, slowly bend knee, sliding heel up toward buttock. Do not lift heel from surface. Slowly return to the starting position. (Assistance may be needed from another person for this exercise.)

   Do _____repetitions _____times per day.



Continued

6. Terminal knee extension



Action: Lie down. Place rolled towel under knee. Slowly lift foot up by straightening the knee as far as possible. Hold for 5 seconds, then return to starting position.

Do _____repetitions _____times per day.

7. Supine hip abduction



Action: Lie down. Keep knees straight and toes pointed up to the ceiling. Slide involved leg out as far as possible and return to the starting position. (Assistance may be needed from another person for this exercise.)

Do _____repetitions _____times per day.

8. Bent knee fall out



Action: Lie down. Keep the non-surgical leg straight and position the surgical leg with foot on floor and knee bent. Put hands on pelvis to monitor motion. Gently let the bent knee fall out to the side. Do not force additional movement. The back and pelvis should not move. Return to starting position.

Do _____repetitions _____times per day.

9. Knee extension



Action: While sitting, slowly lift foot as you straighten knee. Hold knee straight for 5 seconds then slowly return to starting position.

Do _____repetitions _____times per day.

10. Sitting push-ups



Sit near the front of a chair that has armrests. Place hands on the armrests and bend forward from the hips. Push with your arms and lift the weight of your body halfway to a standing position. Your feet should stay on the floor. Don't let your spine round forward. Keep chest lifted up to prevent breaking hip precautions. Hold for a count of 3. Slowly lower body back to the starting position using the arms.

Do _____repetitions _____times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.