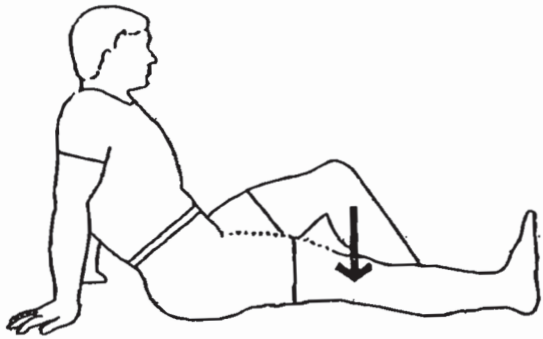




**David A. Sugar, MD, FAAOS**  
Pediatric & Adult Orthopaedics  
Board Certified

Office 941.556.6900 | Fax 941.556.6920  
1630 S. Tuttle Avenue | Sarasota, FL 34239  
[www.drsugar.md](http://www.drsugar.md) | [www.regensrq.com](http://www.regensrq.com)

## PHYSICAL EXERCISES



### Iso knee ext sit (quad sets)

- Sit with leg extended.
- Tighten quad muscles on front of leg, trying to push back of knee downward.

Special Instructions:  
Do not hold breath.

Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 10 seconds.  
Rest 10 seconds between sets.

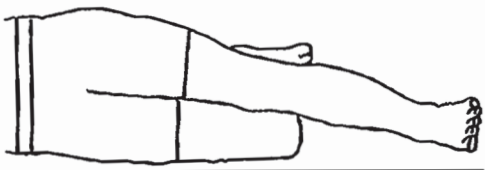
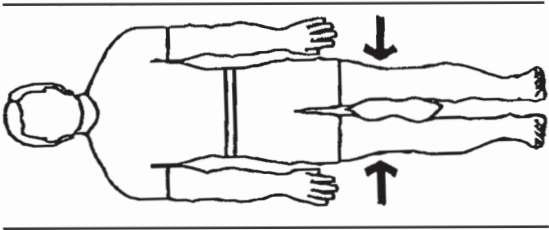
### Iso hip abd supine w/pillow

- Lie in bed or on firm surface with towel roll or pillow between knees.
- Squeeze legs together.

Special Instructions:  
Do not hold breath.

Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 10 seconds.  
Rest 10 seconds between sets.



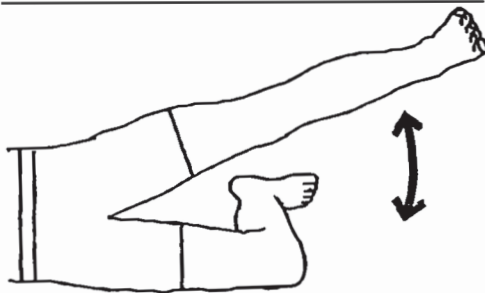
### AROM hip and uni sidelying

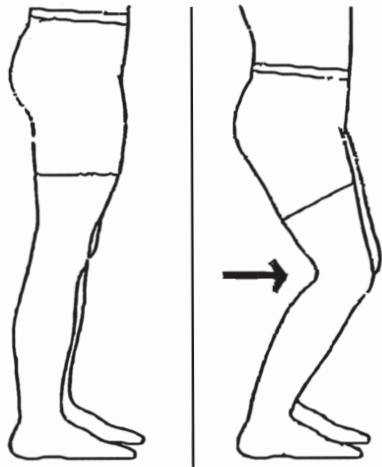
- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:  
Do not roll trunk forward or backward.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.





#### AROM knee squat bil partial

- Stand on both legs.
- Use wall or secure object to maintain balance if needed.
- Bend knees to 45 degrees.
- Return to starting position.

Perform 2 sets of 20 Repetitions,  
once a day.

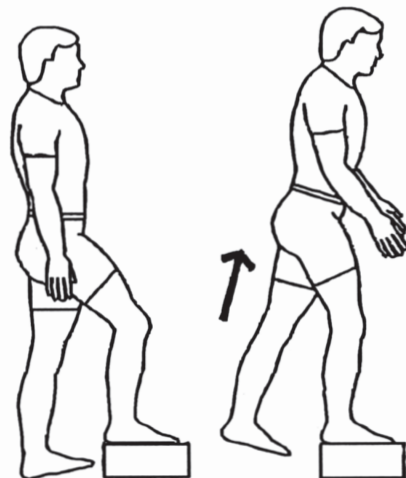
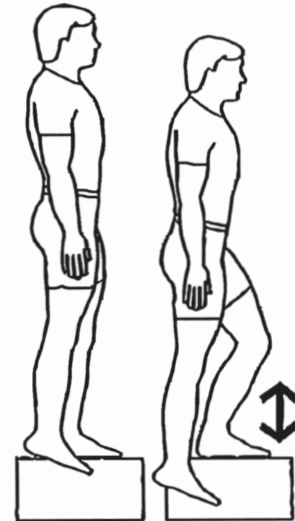
Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.

#### AROM knee step up/down lateral partial

- Place involved leg on edge of step.
- Step up, lifting uninvolved leg off floor.
- Lower uninvolved foot toward floor but do not touch floor.
- Step up again and continue.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.



#### AROM knee step ups

- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

#### Special Instructions:

Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.

#### AROM hip add sidelying

- Lie on involved side.
- Bend knee of upper leg, placing foot flat on floor in front of lower leg.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.

#### Special Instructions:

Try not to move pelvic area during the leg lift.



Perform 2 sets of 20 Repetitions,  
once a day.

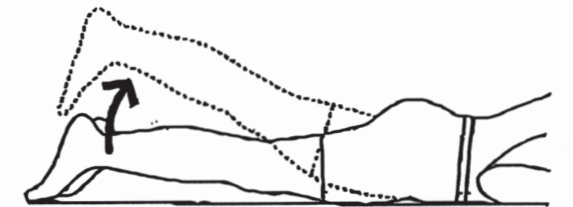
Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.

#### AROM hip ext prone straight leg

- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.



#### AROM hip flx (SLR) supine knee bent

- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 Repetition every 4 seconds.  
Rest 1 minute between sets.

