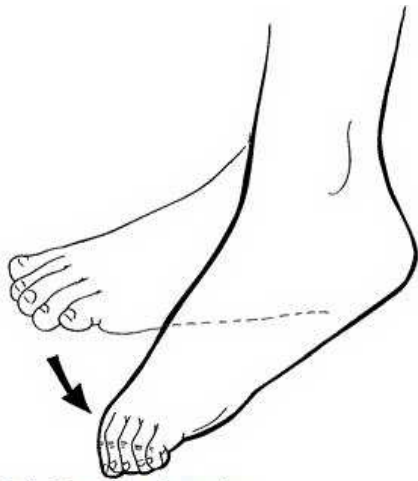


Post-Operative Physical Therapy Phase I Exercises (Weeks 2-6)

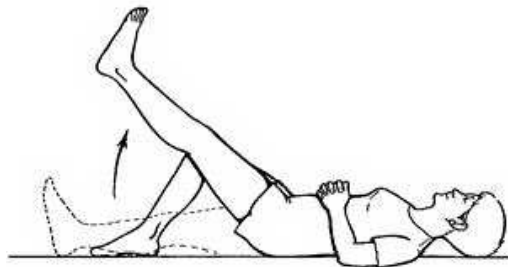


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Ankle Plantarflexion/Dorsiflexion AROM (Achilles Repair)

1. Knee bend to 90 degrees (foot off the table sitting)
2. Push the foot down and then slowly flex up to neutral (foot parallel to the ground)

30 reps, 3x/day



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Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it up to the other knee, slowly lower

2-3 sets, 10 reps, 1x/day



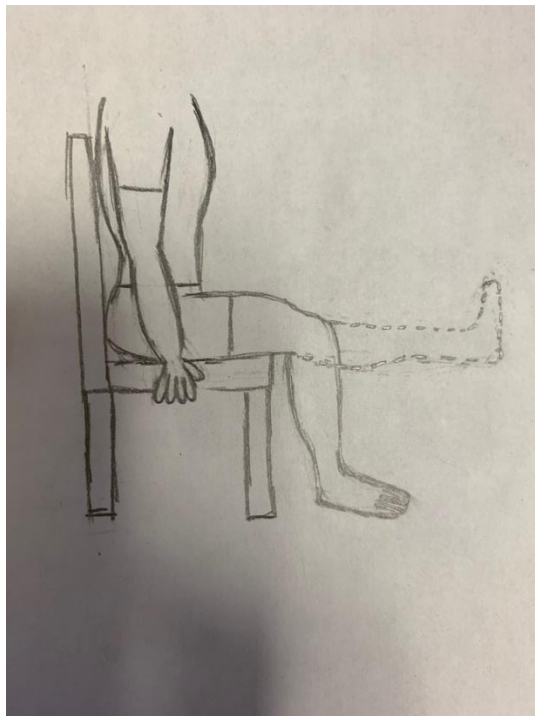
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Side Lying Leg Raises

1. Lie on side with straight leg on top, lower leg bent, abdominals engaged.
2. Lift the top leg straight up and then slowly lower

*Do not crunch at your waist

2-3 sets, 10 reps, 1x/day



Long Arc Quads

1. Sit with knee bent at 90 degrees
2. Fully straighten knee so that leg is parallel to the ground
3. Slowly return leg to starting position

2-3 sets, 10 reps, 1x/day