

## Phase 1 Exercises to Build Your Strength

**Begin these exercises now and keep doing them after surgery until your case manager or rehab team tells you to start Phase 2 exercises.** 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.

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### Exercise #1: Core Stability – Makes your stomach muscles stronger

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1. Lie or sit with back supported, bend both knees and keep your feet flat.
2. Tighten your lower stomach muscles by pulling your bellybutton down towards your spine.
3. Squeeze pelvic muscles that stop the flow of pee. Ask your physiotherapist to explain.
4. Breathe normally while holding for a count of 3 to 5.
5. Relax.
6. Repeat at least 5 times.



### Exercise #2: Armchair “Push-ups” – Makes your upper arms and shoulders stronger

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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 at least 5 times.



### **Exercise #3: Ankle Pumps** – Helps with ankle mobility

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1. This may be done sitting on a steady chair or lying down.
2. Bend ankles to move feet up and down, alternating feet.
3. Repeat at least 10 times for both feet.



### **Exercise #4: Sitting Knee-Bends** – Makes the back of your thigh muscles stronger and legs more flexible

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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 at least 5 times.



### **Exercise #5: Sitting Knee Straightening** – Makes the front of your thigh muscles stronger

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



**Exercise #6: Lying Knee Bends** – Makes the back of your thigh muscles stronger and helps with hip flexibility

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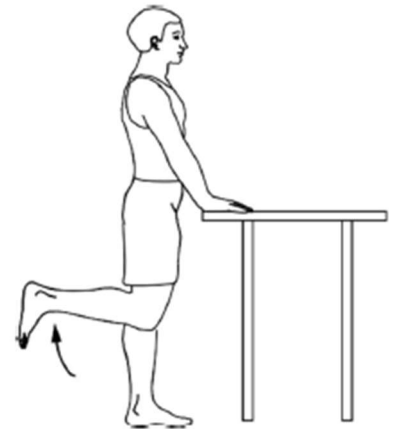
1. Bend your knee by sliding your heel along bed toward your buttocks (backside).
2. Make sure your knees face the ceiling.
3. Hold for a count of 3 to 5.
4. Slowly straighten your knee by sliding your heel back to your starting position.
5. Repeat at least 5 times.



**Exercise #7: Standing Knee Bends** – Makes the back of your thigh muscles stronger

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1. Hold on to a table or counter for support.
2. Slowly bend your knee by lifting your heel towards your buttocks.
3. Hold for a count of 3 to 5.
4. Slowly lower your foot to the floor.
5. Repeat at least 5 times.



**Exercise #8: Thigh Squeezes** – Makes the front of your thigh muscles stronger

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1. Keep kneecap and toes facing ceiling.
2. Pull toes up toward your head.
3. Tighten muscles in front of thigh and push back of knee into bed.
4. Relax.
5. Repeat at least 5 times.



**Exercise #9: Harder Thigh Squeezes** – Makes the front of your thigh muscles stronger

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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 leg.
5. Repeat at least 5 times.



**Exercise #10: Knee Straightening** – Makes the front of your thigh muscles stronger

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1. Keep kneecap and toes facing ceiling.
2. Place a small roll under one ankle and push the knee down toward the bed.
3. Hold for a count of 30.
4. Relax.
5. Repeat at least 5 times.



**Exercise #11: Thigh Lifts** – Makes the front of your thigh muscles and hips stronger

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1. With one knee in a comfortable position, tighten your thigh muscles and lift your other leg keeping the knee straight.
2. Hold for a count of 3 to 5.
3. Slowly lower your leg to the bed.
4. Repeat at least 5 times.



**Exercise #12: Glute Squeezes** – Makes your buttocks muscles stronger

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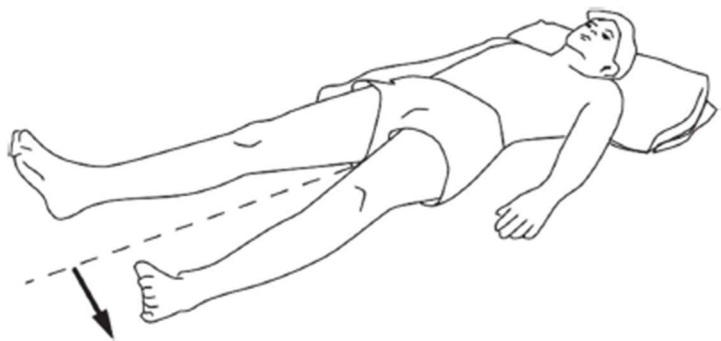
1. Lying down, squeeze your buttocks (backside) together.
2. Hold for a count of 5, and don't forget to breathe.
3. Repeat at least 10 times.



**Exercise #13: Hip Abduction** – Makes your hips and legs stronger and more flexible

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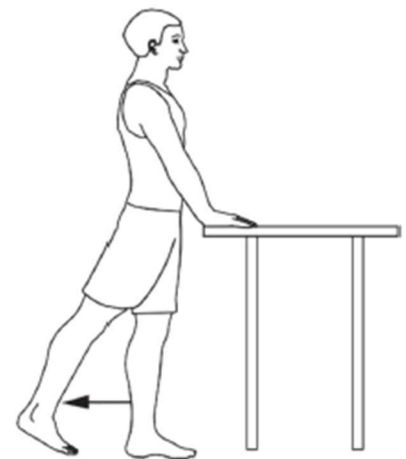
1. Slide one leg out to the side. Keep your knee straight and toes pointed to the ceiling while sliding your leg. Don't go any further than shown in the picture.
2. Hold for a count of 3 to 5.
3. Slide your leg back again so that it's in line with your belly button.
4. Repeat at least 5 times.



**Exercise #14: Standing Hip Extension** – Makes your glutes and legs stronger and more flexible

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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 at least 5 times.

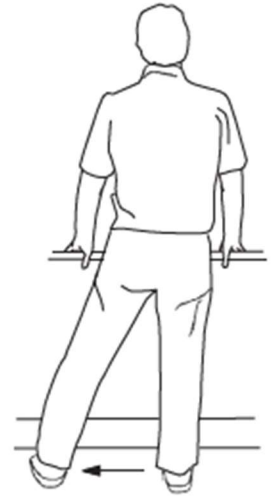




**Exercise #15: Standing Hip Abduction** – Makes your hips and legs stronger and more flexible

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1. Hold on to a table or counter for support.
2. Slowly move your leg out to the side, and then back.
3. Keep your leg straight at all times and your toes pointing forward.
4. Repeat at least 5 times.



**Exercise #16: Standing Knee Lift** – Makes your hip and thigh muscles stronger and more flexible

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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 at least 5 times.



**Exercise #17: Mini Squats/Knee Bends** - Makes the front of your thigh muscles and buttock muscles stronger

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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 at least 5 times.

