



**SURGEONS CHOICE™**  
MEDICAL CENTER

**PHYSICAL THERAPY PROTOCOL**

**TOTAL KNEE ARTHROPLASTY PROGRAM**



## **TABLE OF CONTENTS**

<b>1. PHYSICAL THERAPY GUIDELINES.....</b>	<b>3-4</b>
<b>2. TKA PRECAUTIONS.....</b>	<b>5</b>
<b>3. CRYOTHERAPY &amp; ELEVATION.....</b>	<b>6</b>
<b>4. ADAPTIVE EQUIPMENT.....</b>	<b>7</b>
<b>5. DME LOAN CLOSETS.....</b>	<b>8-10</b>
<b>6. ENERGY CONSERVATION.....</b>	<b>11</b>
<b>7. SAFETY WITH EVERYDAY ACTIVITIES.....</b>	<b>12-13</b>
<b>8. SEXUAL INTIMACY GUIDELINES.....</b>	<b>14</b>
<b>9. GETTING IN &amp; OUT OF THE CAR.....</b>	<b>15</b>
<b>10. CURB NEGOTIATION.....</b>	<b>16</b>
<b>11. STAIR NEGOTIATION.....</b>	<b>17-18</b>
<b>12. HOME EXERCISE PROGRAM.....</b>	<b>19-20</b>
<b>13. NOTES.....</b>	<b>21</b>



## Physical Therapy Guidelines

### 1. Day of Surgery Expectations:

- Physical therapy evaluations will be attempted for patients who have been transferred from post-operative recovery to the surgical unit by 2:00pm. If the evaluation cannot be initiated by PT, the nursing staff will assist the patient with out-of-bed (OOB) activity.

### 2. Day 1 Expectations:

- Patients not seen on the day of surgery will have a physical therapy evaluation completed by 10:00am and a treatment session completed between 12:30pm and 4:00pm on Day 1.
- If needed, an occupational therapy evaluation can also be ordered on Day 1 for patients who require assistance post-surgically with dressing, toileting, bathing or grooming.
- Treatment sessions for the duration of the patient's admission should be BID (AM and PM treatment sessions).
- If the evaluation was completed on Day 0, then AM Treatment sessions on Day 1 should be completed before 12:30pm to allow for early discharge planning and PM treatment sessions should be completed between 12:30pm and 4:00pm.
- OOB activity should be attempted 3x/day with nursing staff following the physical therapy evaluation.
- The patient should perform 2 additional walks with nursing staff in hallway throughout each day after the physical therapy evaluation.
- Patients should expect to discharge home on Day 1 pending clearance from therapy and the nurse practitioner.

### 3. Day 2 Expectations:

- Should the patient require follow up visits from physical therapy, AM treatment sessions on Day 2 should also be completed before 12:30pm to allow for early discharge planning. If a PM treatment session is needed, then it should be completed between 12:30pm and 4:30pm.
- OOB activity should be attempted 3x/day with nursing staff following the physical therapy evaluation
- The patient should perform 2 additional walks with nursing staff in the hallway throughout each day after the physical therapy evaluation.

### 4. Discharge Planning:

- Depending on insurance and medical clearance, patients should expect to discharge **HOME** on post-operative day 1.
- If the PT or OT deems the patient is not safe to return home, then a discussion regarding alternative discharge plans such as sub-acute rehab will be had with the NP, SW and RN.
- Home health services will be arranged if applicable.



5. Continuous Passive Motion (CPM):

- If prescribed by the surgeon, a CPM machine will be used in addition to therapy 3x/ day for 1 hour while admitted to SCMC.
- If prescribed by the surgeon, a CPM machine will also be delivered to the patient's home to use upon discharge.
- The degrees of knee flexion should increase by 5 degrees with each application starting at 60 degrees with the first use. The person applying the CPM for the patient should be present for one full cycle to ensure safe use and proper positioning.

6. DME:

- Rolling walkers will be ordered by the PT or OT for patients who plan to return home and should be delivered prior to discharge.
- Patients who are not safe to return home and require additional therapy within in a sub-acute rehabilitation facility, may have rolling walkers provided by that facility.
- All other DME including toilet and shower accessories are not covered by insurance and must be purchased out of pocket or borrowed (*see Great Lakes Loan Closets*).

7. Positioning/ Body Mechanics:

- Patients may lie flat on their backs with pillows to elevate their head or on their side with a pillow between their knees.
- Pillows should only be positioned under the surgical knee when elevating for edema reduction (*see Icing and Elevation*)
- In the seated position, patients should sit in an armchair with a high back and armrests in order to maintain a neutral position.

8. Educational Materials:

- TKA precautions
- Intimacy guidelines
- List of Adaptive Equipment
- Loan Closets
- Energy Conservation
- Home Safety
- Getting in and out of a Vehicle
- Curb and Stair Negotiation Techniques
- HEP

9. Exercise Guidelines: (days 0-3)

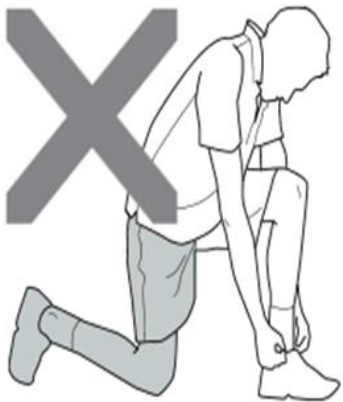
- A home exercise program including the following exercises will be provided for the patient and reviewed prior to discharge
  - Supine: ankle pumps, gluteal sets, quadriceps sets, heel slides, straight leg raise, bridging
  - Seated: ankle pumps, gluteal sets, hip abduction, hip adduction, heel slides, LAQs



## **Total Knee Arthroplasty Precautions**

*Follow these rules for 6 – 8 weeks, or until your surgeon instructs otherwise.*

### **NO KNEELING**



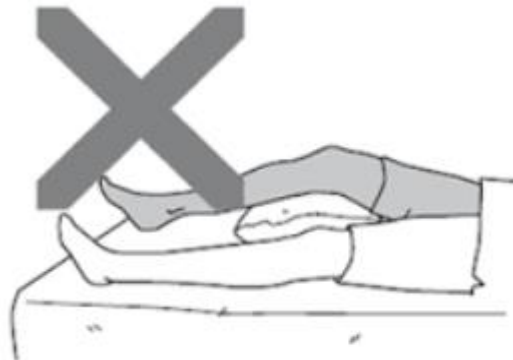
### **NO SQUATTING**



### **NO TWISTING OR PIVOTING**



### **NO PILLOW UNDER KNEE**





## **Cryotherapy and Elevation**



- Elevate the surgical leg with regular pillows or a contoured wedge pillow under the entire leg.
- The surgical leg should be elevated above the level of the heart with the ankle at the highest point.
- Encourage the leg to be straight (but don't lock your knee) and avoid bending at the knee to allow fluid to flow down towards your heart.
- Ice packs can be applied to the surgical leg for 20 minutes at a time and should have a barrier such as a towel or pillowcase to protect your skin from burns.
- Alternative icing options include the use of a cry cuff ice cooler, which provides continuous gravity and motorized automated cold and compression therapy.



## **Adaptive Devices/ Durable Medical Equipment**



**Bedside Commode**

Walmart: \$34.15

Amazon: \$33.96

CVS: \$72.99

Binson's: \$57.25



**Shower Chair**

Walmart: \$20.97

Amazon: \$34.68

CVS: \$49.99

Binson's: \$74.96



**Tub Transfer Bench**

Walmart: \$57.43

Amazon: \$55.88

CVS: \$93.99

Binson's: \$101.56



**Hip Kit – 5 pieces**

Walmart: \$39.07

Amazon: \$32.99

CVS: N/A

Binson's: \$44.44



## Durable Medical Equipment – Great Lakes Loan Closets

[www. loan closets.org/michigan](http://www.loan closets.org/michigan)

<p><b>World Medical Relief</b> 21725 Melrose Ave. Southfield, MI 48075 M-F 8:00am-4:00pm</p>	<p>(313) 866-5333  <a href="http://www.worldmedicalrelief.org">www.worldmedicalrelief.org</a></p>	<p>Macomb, Oakland, Wayne and Washtenaw Counties</p>	<ul style="list-style-type: none"> <li>- MUST bring referral/prescription</li> <li>- Call to check availability</li> <li>- Small handling fee for purchase (cash, money order, credit card)</li> </ul>
<p><b>Dublin Community Senior Center</b> 685 Union Lake Road White Lake, MI 48386 M-F 8:00am-4:30pm</p>	<p>(248) 698-2394</p>	<p>Oakland County</p>	<ul style="list-style-type: none"> <li>- White Lake residents 50 and older only</li> <li>- Call to check availability</li> <li>- 3 month loan</li> </ul>
<p><b>NEXT</b> 2121 Midvale Road Birmingham, MI 48009 M-Th 8:30am-8:00pm Fri 8:30am-5:00pm Sat 9:00am-2:00pm</p>	<p>(248) 203-5270</p>	<p>Oakland County</p>	<ul style="list-style-type: none"> <li>- Call to check availability and to reserve equipment</li> <li>- 3 month loan period</li> <li>- \$20 fee per item (non-refundable)</li> </ul>
<p><b>Waterford Parks and Recreation</b> 5640 Williams Lake Road Waterford, MI 48329 M-F 7:45am-4:00pm</p>	<p>(248) 674-4881  <a href="http://www.waterfordmi.gov/227/50-Recreation-Activities">www.waterfordmi.gov/227/50-Recreation-Activities</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"> <li>- Must have valid ID</li> <li>- Call to check availability</li> <li>- 3 month loan period</li> <li>- \$10 fee per item</li> </ul>
<p><b>Independence Township Senior Community Center</b> 6000 Clarkston Road Clarkston, MI 48348 M-F 8:00am-5:00pm</p>	<p>(248) 625-8231  <a href="http://www.twp.independence.mi.us/services/Adult50/overview.asp">www.twp.independence.mi.us/services/Adult50/overview.asp</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"> <li>- Anyone is eligible</li> <li>- Unlimited loan period</li> <li>- \$10 cash deposit for shower chair, \$25 cash deposit for wheelchairs, seated walkers and tub benches</li> </ul>
<p><b>Auburn Hills Senior Services</b> 1827 N. Squirrel Road Auburn Hills, MI 48326 M-F 8:00am-9:00pm Sat 10:00am-9:00pm</p>	<p>(248) 370-9353  <a href="http://www.auburnhills.org">www.auburnhills.org</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"> <li>- Anyone is eligible</li> <li>- Unlimited loan period</li> <li>- Call to check availability</li> </ul>



<p><b>City of Troy 50+ Program</b> 3179 Livernois Troy, MI 48083 M-F 8:00am-8:00pm Sat 8:30am-12:30pm</p>	<p>(248) 524-3484  <a href="http://www.troymi.gov/PlayHere/Community/SeniorCitizenProgram/InformationAndServices.aspx">www.troymi.gov/PlayHere/Community/SeniorCitizenProgram/InformationAndServices.aspx</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>
<p><b>Bloomfield Township Senior Services</b> 4315 Andover Bloomfield Township, MI 48302 M-Th 7:00am-8:00pm Fri 7:00am-6:00pm Sat 8:00am-2:00pm</p>	<p>(248) 723-3500  <a href="http://www.bloomfieldtwp.org/Seniors">www.bloomfieldtwp.org/Seniors</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Bloomfield Township residents 60+</li><li>- Short term loan period</li><li>- Call to check availability</li></ul>
<p><b>City of Wixom Senior Center</b> 49045 Pontiac Trail Wixom, MI 48393 M-Th 8:00am-3:00pm</p>	<p>(248) 624-0870  <a href="http://www.cityofwixom.com/index.aspx?nid=868">www.cityofwixom.com/index.aspx?nid=868</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Only Wixom residents eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li><li>- No bathroom equipment</li></ul>
<p><b>Good Shepherd Lutheran Church</b> 814 N. Campbell Road Royal Oak, MI 48067 M-Th 9:00am-3:00pm</p>	<p>(248) 548-3111  <a href="http://www.goodshepherdRO.org">www.goodshepherdRO.org</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>
<p><b>Mahany/Meininger Senior Community Center</b> 3500 Marais Royal Oak, MI 48073 M-F 9:00am-4:30pm</p>	<p>(248) 246-3900  <a href="http://www.ci.royal-oak.mi.us">www.ci.royal-oak.mi.us</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li><li>- Walkers and wheelchairs only</li></ul>
<p><b>City of Madison Heights Active Adult Center</b> 29448 John R Madison Heights, MI 48071 M-F 9:30am-2:00pm</p>	<p>(248) 545-3464  <a href="http://www.madison-heights.org/279/Active-Adult-Center">www.madison-heights.org/279/Active-Adult-Center</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Only Madison Heights residents eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li><li>- 3 item borrowing limit</li></ul>
<p><b>Clawson Senior Center</b> 509 Fisher Court Clawson, MI 48017 M-Th 8:00am-4:00pm Fri 8:00am-12:00pm</p>	<p>(248)583-6700  <a href="http://www.cityofclawson.com/your_government/parks_and_recreation/senior_adult_programs.php">www.cityofclawson.com/your_government/parks_and_recreation/senior_adult_programs.php</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>



<p><b>Berkley Parks and Recreation Senior Loan Closet</b> 2400 Robina Berkley, MI 48072 M-F 9:00am-5:00pm</p>	<p>(248) 658-3470  <a href="http://www.berkleymich.org/departments/parks_and_recreation/seniorservices.php">www.berkleymich.org/departments/parks_and_recreation/seniorservices.php</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone 50 years or older is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>
<p><b>Northville Community Senior Center</b> 303 W. Main Street Northville, MI 48167 M-F 10:00am-4:00pm</p>	<p>(248) 349-4140  <a href="http://www.northvilleparksandrec.com">www.northvilleparksandrec.com</a></p>	<p>Oakland and Wayne Counties</p>	<ul style="list-style-type: none"><li>- Only Northville and Novi residents eligible</li><li>- 3 month loan period</li><li>- Call to check availability</li></ul>
<p><b>City of Novi Older Adult Services</b> 45175 W. Ten Mile Road Novi, MI 48375 M-F 8:00am-5:00pm</p>	<p>(248) 347-0414  <a href="http://www.cityofnovi.org">www.cityofnovi.org</a></p>	<p>Oakland County</p>	<ul style="list-style-type: none"><li>- Anyone 55 years or older is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>
<p><b>Disability Network of Oakland and Macomb</b> 1709 John R Troy, MI 48083 M-F 8:00am-4:00pm</p>	<p>(586) 268-4160 ext. 6609  <a href="http://www.dnom.org">www.dnom.org</a></p>	<p>Oakland and Macomb Counties</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- 6 month loan period</li><li>- Call to check availability</li></ul>
<p><b>Recycle Ann Arbor ReUSE Center</b> 2420 S. Industrial Highway Ann Arbor, MI 48104 M-Sat 10:00am-6:00pm Sun 11:10am-3:00pm</p>	<p>(734) 222-7880  <a href="http://www.recyclannarbor.org">www.recyclannarbor.org</a></p>	<p>Oakland, Wayne, Washtenaw, Monroe, Lenawee, Ingham, Livingston &amp; Jackson Counties</p>	<ul style="list-style-type: none"><li>- Low cost purchase (no lending)</li><li>- Call to check availability</li></ul>
<p><b>Paralyzed Veterans of America Michigan Chapter</b> 40550 Grand River Avenue Novi, MI 48375 M-F 8:30am-4:00pm</p>	<p>(800) 638-6782  <a href="http://www.michiganpva.org">www.michiganpva.org</a></p>	<p>All counties</p>	<ul style="list-style-type: none"><li>- Anyone is eligible</li><li>- Unlimited loan period</li><li>- Call to check availability</li></ul>



## **Energy Conservation following Knee Surgery**

- Plan before you start a new task. Eliminate tasks that are not absolutely necessary for your daily routines.
- Assemble all supplies prior to starting a task.
- Work in loose, comfortable clothing without restrictions.
- If possible, sit to perform tasks instead of standing.
- Make sure the work surface height is appropriate to prevent unnecessary bending.
- Slide or roll items along the countertop to avoid lifting.
- Minimize excess movement with certain tasks like making the bed.
- Work at a moderate pace as you will most likely burn more energy if you move faster.
- Plan your tasks in advance and spread them throughout the week to avoid over working.

**\*\* REMEMBER: It's important to maintain a balance between work and rest. Short rest periods of 15 minutes between each hour of activity are encouraged\*\***



## **Safety with Everyday Activities following Knee Surgery**

### **General Considerations:**

- Pick the entrance to the house that includes handrails and the least number of steps to negotiate.
- If a wheelchair is needed for mobility, a ramp may need to be installed and doorways may need to be widened.
- Furniture may need to be rearranged to allow for sufficient room to maneuver wheelchairs or walkers.
- Keep pathways and surfaces clear of objects such as shoes, toys, clutter, etc.
- Area rugs should be removed.
- Always keep your cell phone or cordless phone with you in case of falls or other emergencies.
- Use a reacher to pick things up off the ground or from lower surfaces.
- Do not carry items in your hands when walking with a walker. Instead use a walker bag/basket or carry things in pockets.
- If the patient's bed is not accessible consider moving the bed or converting another room into a bedroom.
- If the patient's bed has casters, they should be removed.
- Some patients will benefit from changing the height of their bed to make it easier to get in or out of the bed.
- Bedrails may be helpful to assist with logrolling in order to get in or out of bed.
- Install a night light in case the patient needs to get up at night.

### **Meals:**

- Avoid lifting bags of groceries and garbage.
- Sit to prepare foods if possible.
- Use small containers with lids for liquids to avoid lifting heavy items.
- Slide or roll items along the countertop instead of lifting them.
- Keep items within safe and easy reach on the countertop and in the refrigerator.
- Bend at your hips and knees in order to avoid bending from the waist when reaching for items.



## **Safety with Everyday Activities following Knee Surgery**

### **Bathing:**

- Instructions regarding showering should be found in your discharge paperwork.
- No tub bathing or swimming until you are cleared by your surgeon.
- Grab bars may be installed to help patients get in and out of the tub or shower.
- A shower chair or tub transfer bench may also be necessary for patients with decreased standing tolerance.
- A hand-held shower head and long-handled sponge can also be purchased to avoid bending and twisting.

### **Toileting:**

- An elevated toilet seat or bedside commode may be indicated to increase ease and safety.
- Toilet articles, such as toilet paper, should be within easy reach.
- Avoid twisting when flushing the toilet. Stand up and turn around to flush the toilet.

### **Dressing:**

- Sit down to dress your lower body and always dress the surgical leg first.
- If needed, use long handled adaptive equipment such as a reacher, dressing stick, sock aid and shoehorn to avoid twisting at the knee.

### **Grooming:**

- When standing at the sink, stagger feet with one foot in front of the other, as if you just took a step.
- Brace yourself at the countertop with one hand and bend at your hips and knees, not from the waist.
- You may use a cup to rinse your mouth when brushing your teeth instead of bending over to spit into the sink.



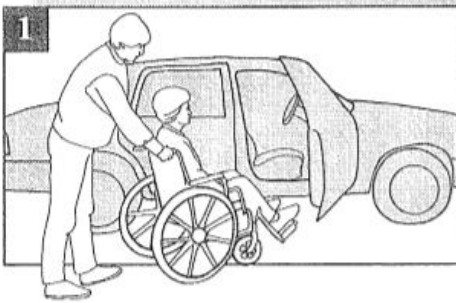
## **Sexual Intimacy Guidelines following Knee Surgery**

***Do not engage in sexual activity until your surgeon approves it!***

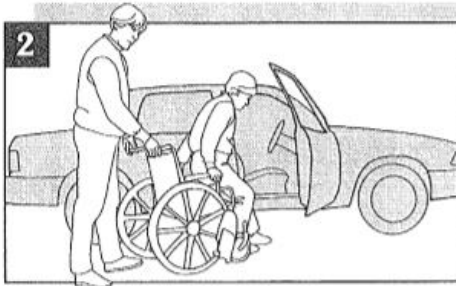
It is recommended that following knee surgery, patients should resume sexual relations in a slow manner. Adopting a passive role with sexual activity is ideal. Patients should continue to maintain their knee precautions, such as avoiding twisting, kneeling and squatting once they are deemed safe to engage in sexual activity. Adopting new positions that are different from pre-surgical practices may be best. A recommended position may include lying flat while your partner takes a more active top role or lying on your side with your partner behind or ahead of you. Another suggestion includes standing or sitting in a chair. Be honest with your partner about comfort and refrain from making any quick movements. If for any reason, severe knee pain or discomforts arise, stop your activities and consult your surgeon. Remember, your surgeon will tell you when it is safe to resume sexual activity after surgery.



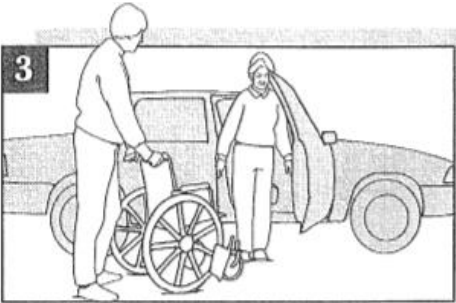
## Getting in and out of the Car



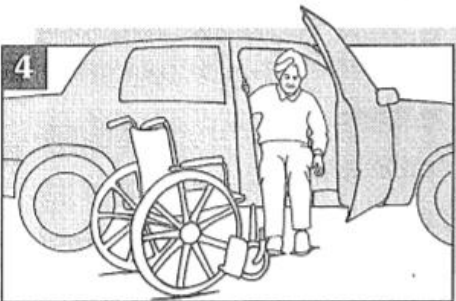
**1.** Once you have been discharged, the nursing staff will bring you downstairs to the lobby in a wheelchair while your family retrieves the car. The nurse will wheel you to the passenger seat.



**2.** Stand up from the wheelchair and back up towards the passenger seat of the car.



**3.** Once you are positioned with your back facing the passenger seat, reach behind for the seat, overhead handle or dashboard and slowly sit down.



**4.** Once seated, scoot back in the seat and slowly start turning to bring your legs into the car.



**5.** Slowly bring both legs closer to the car. Lift the left leg and then the right leg into the car being careful to avoid hitting the dashboard or twisting the surgical leg.



## Going up a Curb using a Walker

- Walk straight up to the curb with the walker.
- Place the entire walker including all four legs up on the curb.
- Push straight down on the walker and step up with the uninvolved or stronger leg first.
- Then step up with the involved or weaker leg.



## Going down a Curb using a Walker

- Walk up to the edge of the curb with the walker.
- Place the entire walker including all four legs on the ground below.
- While holding onto the walker, step down with the involved or weaker leg.
- Then step down with the uninvolved or stronger leg.

\*Never go down a curb step backwards\*

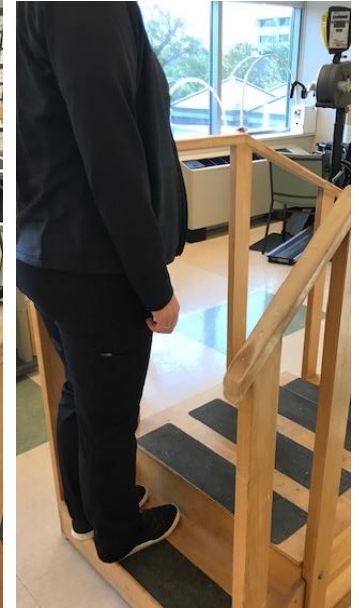


**Reminder: This technique can also be applied when stepping over a threshold.**



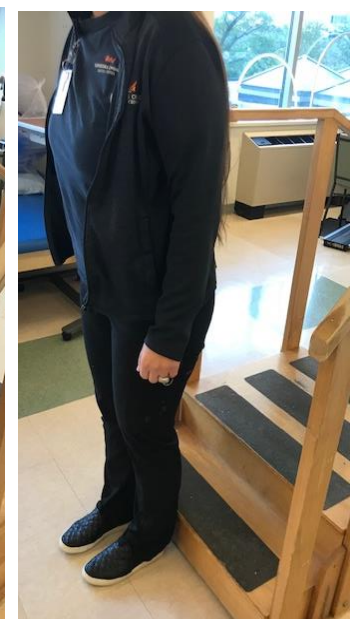
## Going up Steps using a Handrail

- Walk up to the edge of the first step.
- Place the hand closer to the handrail on the handrail or turn towards the handrail and place both hands on it.
- Step up with your uninvolved or stronger leg first.
- Next, step up with the involved or weaker leg.
- Repeat: Stronger leg → weaker leg, one step at a time.



## Going down Steps using a Handrail

- Walk up to the edge of the first step.
- Place the hand closer to the handrail on the handrail or turn towards the handrail and place both hands on it.
- Step down with your involved or weaker leg first.
- Next, step down with the uninvolved or stronger leg.
- Repeat: Weaker leg → stronger leg, one step at a time.





## Going up Steps using a Handrail and Cane

- Walk up to the edge of the first step.
- Place your free hand on the handrail and hold the cane in the other hand.
- Step up with the uninvolved or stronger leg.
- Next, bring the cane onto the first step followed by the involved or weaker leg.
- Repeat: Stronger leg → Cane → Weaker leg, one step at a time.



## Going down Steps using a Handrail and Cane

- Walk up to the edge of the first step.
- Place your free hand on the handrail and hold the cane in the other hand.
- Place the cane down onto the first step.
- Next, step down with the involved or weaker leg followed by the uninvolved or stronger leg.
- Repeat: Cane → Weaker leg → Stronger leg, one step at a time.





## Home Exercise Program

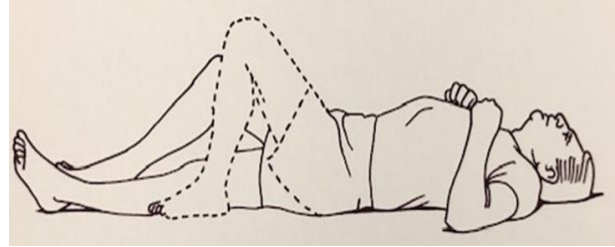
### **Ankle Pumps**



Point your feet up and down, bending at the ankles.

**Perform:** 10 reps x 2 sets, 3 times a day

### **Heel Slide**



Slide your foot back bending the knee. Repeat with the other leg.

**Perform:** 10 reps x 2 sets, 3 times a day

### **Gluteal Squeeze**



Squeeze your buttocks and hold for 10 seconds.

**Perform:** 10 reps x 2 sets, 3 times a day

### **Ball Squeeze**



With a ball or folded pillow between your knees, squeeze knees together.

**Perform:** 10 reps x 2 sets, 3 times a day

### **Straight Leg Raise**



Keep your non-surgical knee bent and surgical leg straight. Raise your surgical leg 3-6 inches straight off the bed.

**Perform:** 10 reps x 2 sets, 3 times a day

### **Bridging**



Lie on your back and bend your knees with feet shoulder width apart. Push down in your feet and lift your hips up.

**Perform:** 10 reps x 2 sets, 3 times a day



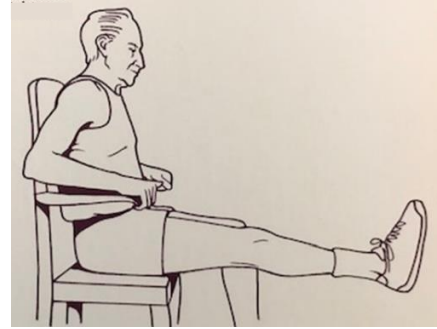
### Quadriceps Set



Tighten the muscles on top of your thigh by pushing the back of your knees down into the bed.

**Perform:** 10 reps x 2 sets, 3 times a day

### Long Arc Quad



Tighten the muscle in the top of your thigh and straighten your knee. Repeat with the other leg.

**Perform:** 10 reps x 2 sets, 3 times a day

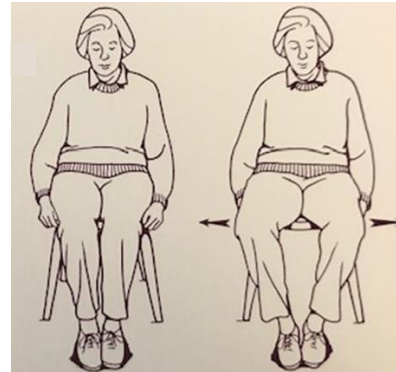
### Ankle Pumps



Point your feet up and down, bending at the ankles.

**Perform:** 10 reps x 2 sets, 3 times a day

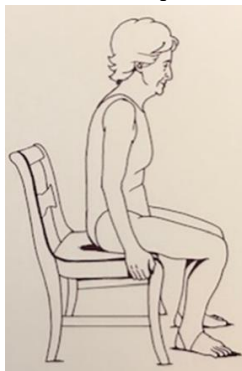
### Hip Abduction



With your feet together, spread your knees apart and then bring them back together.

**Perform:** 10 reps x 2 sets, 3 times a day

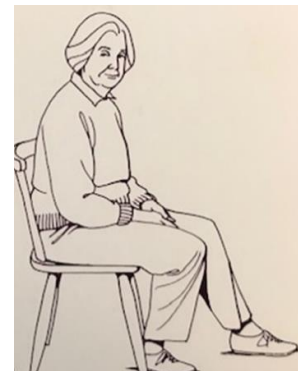
### Gluteal Squeeze



Squeeze your buttocks and hold for 10 seconds.

**Perform:** 10 reps x 2 sets, 3 times a day

### Heel Slide



Keeping your feet on the ground, slide one foot back bending at the knee. Repeat with the other leg.

**Perform:** 10 reps x 2 sets, 3 times a day



**SURGEONS CHOICE™**  
MEDICAL CENTER

**Notes:**