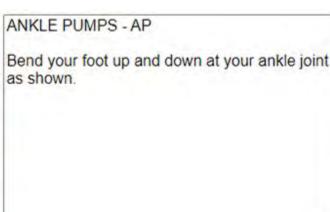
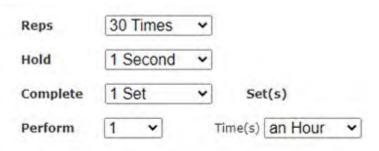


Recommended Exercises to Do Daily After Surgery

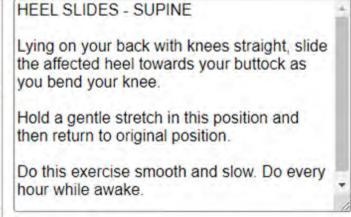
https://www.hep2go.com > Exercises > Search

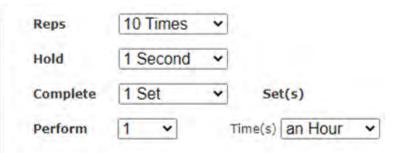














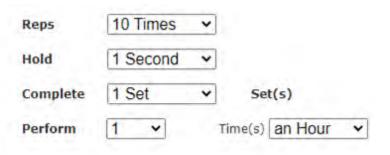


SEATED HEEL SLIDES WITH TOWEL

While in a seated position place your foot on top of a small towel. Then, slowly slide your foot closer towards you.

Hold a gentle stretch and then return foot forward to original position.

Do every hour while awake.





WALKING

Walk 3-5 minutes every hour that you are awake.

Use your walker until you see your physical therapist at your first therapy appointment.

