

Recommended Exercises to Do Daily After Surgery

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



ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Reps

Hold

Complete Set(s)

Perform Time(s)



HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Do this exercise smooth and slow. Do every hour while awake.

Reps

Hold

Complete Set(s)

Perform Time(s)



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.

Reps

Hold

Complete Set(s)

Perform Time(s)



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.

Duration

Complete Set(s)

Perform Time(s)