Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

DJD Rehabilitation Program
Rehab

The following rehabilitation program consists of exercises that will aid in improving your strength and function. This program is meant to be progressive in nature. You will start with Phase One, in which you will perform the exercises 2 times per day; every other day. After a few weeks, you will notice that the muscles will become stronger and the exercises become easier. At that time, you can start to incorporate Phase Two exercises. After a few weeks of working through those exercises, if you feel ready, Phase Three may be integrated as well.

After you perform your exercises, ensure that you use ice for 20 minutes after each session. This will help with any irritation/inflammation that you may have. If any of the exercises cause pain of your knee or other body part, please do not perform that exercise at this time. Feel free to reach out to our office if you have any questions/concerns.

For: PHASE ONE

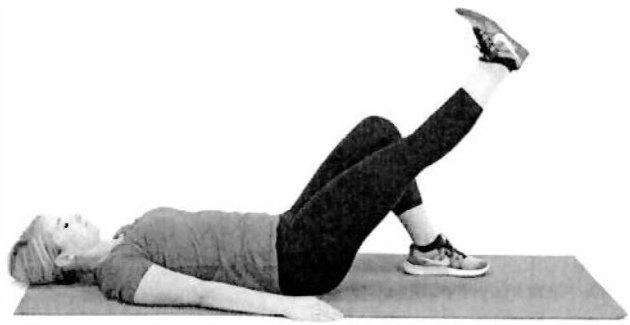
Quad Set



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Starting Position: -Begin in long sitting with one leg bent, foot flat on the floor and your leg to be exercised laying as flat as possible. Movement: -Tighten your quad to push your knee down into the floor further straightening your leg. Hold and repeat as prescribed. Tip: -Be sure not to lift your thigh off the floor.

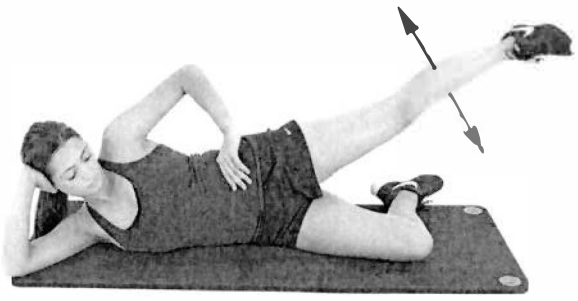
Quad Set with Straight Leg Raise (SLR)



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Starting Position: Begin in long sitting with one leg bent, foot flat on the floor and your leg to be exercised laying as flat as possible. Movement: Tighten your quad to push your knee down into the floor further straightening your leg and then raise leg to off the ground until your knee is at the height of the other knee. Slowly and in control, lower it back to the floor. Repeat as directed.

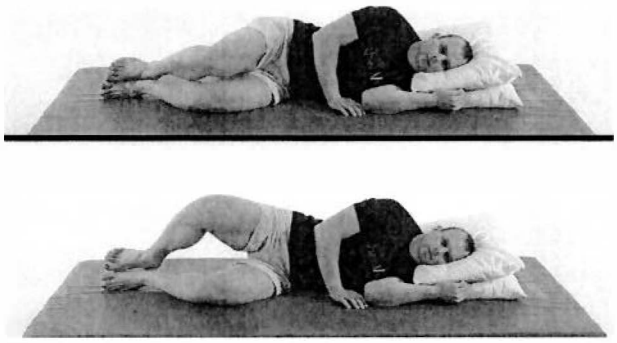
Side Lying Hip Abduction



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Position: Side Lying. Movement: Begin by lying on your side. Bend your bottom leg and keep your top leg straight. Slowly lift your straightend top leg, while keeping your toe pointed down/heel toward the ceiling. Slowly bring to your starting position. Relax and repeat as directed. Perform on other side. Tips: Keep your hip extended, try not bend at the waist with your top leg

Clamshells

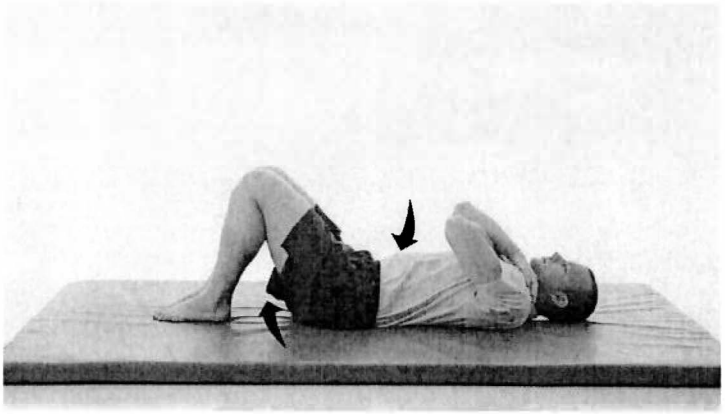


Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by lying on your side with the side you intend to exercise upwards. With your knees bent and feet together, slowly pull your knees apart, keeping your feet together. Hold as directed. Slowly bring your knees back together. Repeat as directed.

For: PHASE ONE

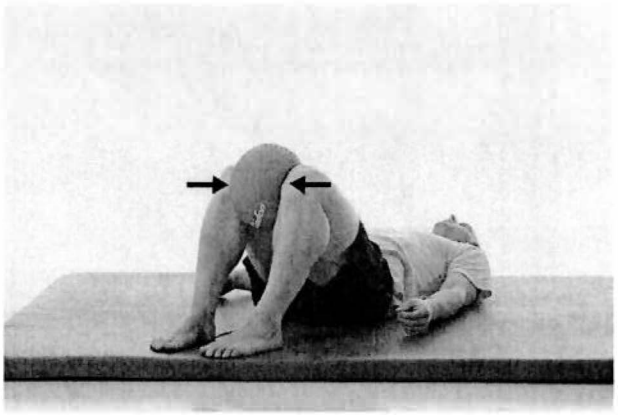
Posterior Pelvic Tilt



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by lying on your back with your knees bent and feet flat on the floor. Using your abdominals, gently roll your hips backwards, feeling your low back press downwards towards the floor. Hold as directed. Repeat as directed.

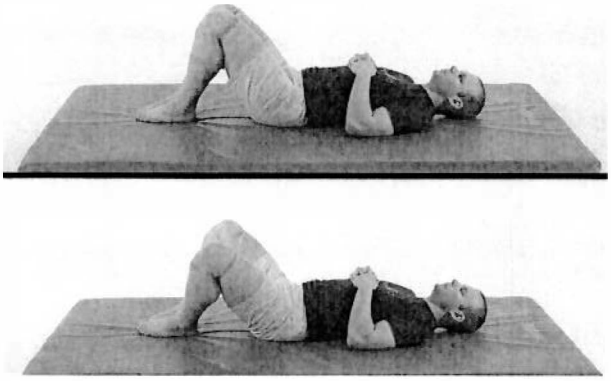
Hook Lying Hip Adduction with Ball



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** 3 ct **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Lie on your back with knees bent and feet flat on the floor with a ball or pillow placed between the knees. Gently squeeze the knees together, keeping the feet flat on the floor. Hold as directed. Repeat as directed.

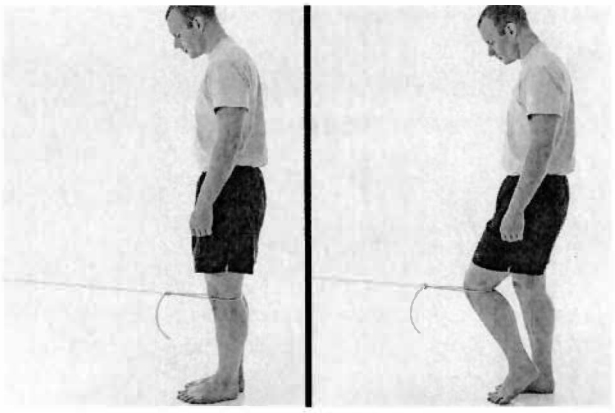
Hook Lying Hip Abduction with Resistance Band



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides and an exercise band tied around your thighs. Slowly pull your knees apart, keeping your feet together. Slowly return to starting position. Repeat as directed

TKE with Resistance Band



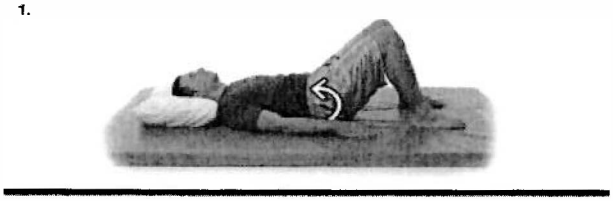
Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by placing an exercise band securely in a door at knee height. Loop the band behind your knee on the side you wish to exercise. Allow the knee to bend slightly. Keeping your hips over your feet, tighten the muscles in the front of your thigh and slowly straighten your knee back out, pushing back into the exercise band. Once fully straightened, slowly allow it to bend slightly once more. Repeat as directed.

For: PHASE TWO

Bridges with Lumbar Stabilization

1.



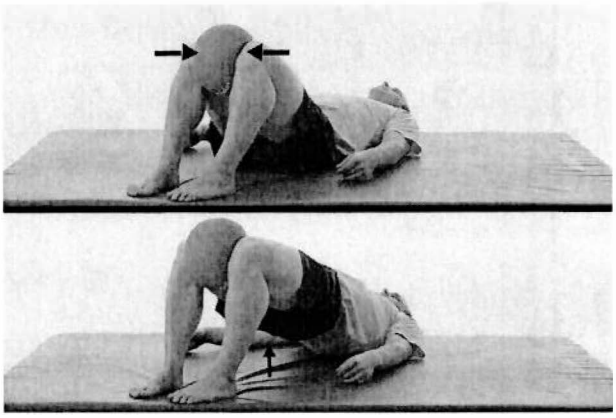
2.



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Tighten your abdominals by drawing your belly button in toward your spine. Keeping the stomach tight, raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up as far as you can while maintaining the abdominal contraction. Return to starting position. Repeat as directed.

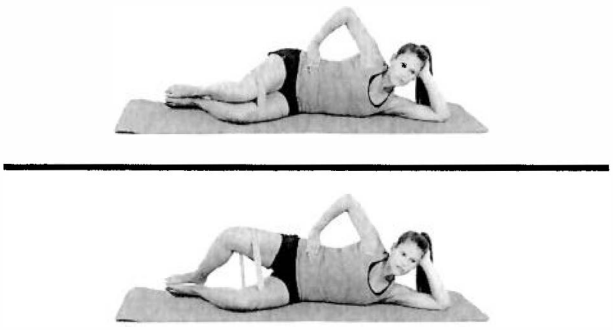
Bridge with Ball Squeeze



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Lie on your back with knees bent and feet flat on the floor with a ball or pillow placed between the knees. Gently squeeze the knees together, keeping the feet flat on the floor. While squeezing the ball or pillow, perform a bridge by lifting your hips off the floor. Hold as directed. Repeat as directed.

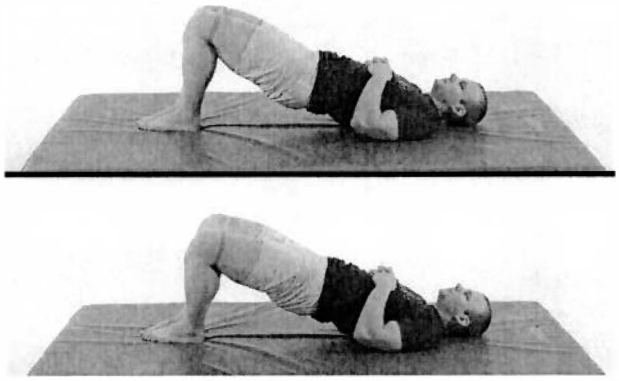
Clamshell with Resistance Band



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Starting Position: Begin lying on your side with your knees bent. Ensure your shoulders and hips are aligned. Secure a band just above the knees. Movement: Lift your top knee towards the ceiling keeping your feet together and then slowly lower back down. Do not let pelvis roll back during lifting movement. Repeat as prescribed. Tip: Do not let pelvis rock back by keeping your core engaged throughout.

Bridge With Resisted Clamshell



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides and an exercise band tied around your thighs. Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to where they are in line between the knees and shoulders. From this position, slowly pull your knees apart. Slowly allow knees to return to starting position. Repeat as directed.

For: PHASE TWO

Band Walks



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin with an exercise band looped around your ankles. Keeping your knees slightly bent, step your foot out to the side. Slowly follow with the opposite foot. Make sure to keep your feet pointed forward at all times. Continue as directed

Single Leg Balance



Sets: -- **Reps:** 3 **Resistance:** -- **Hold:** 30 sec **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Stand on the leg you wish to exercise. Attempt to balance on that leg for as long as directed.

For: PHASE THREE

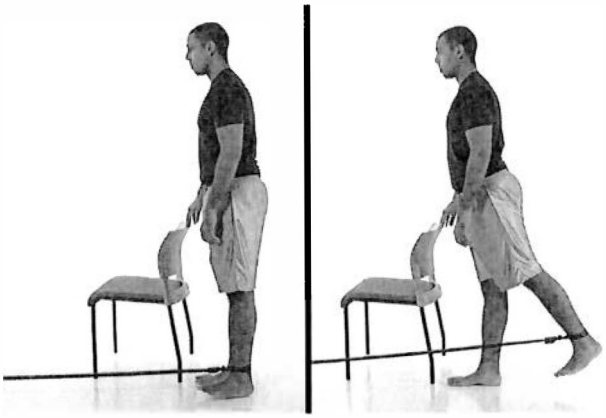
Standing Hip Abduction with Resistance Band



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by placing an exercise band low in a door jam, and loop one end around the ankle of the leg to be exercised. Stand with the leg to be exercised furthest from the door way, and slowly kick directly out to your side. Make sure to keep your knee straight, trunk still and toes pointed forward. Slowly return to starting position. You can use a stable object such as a chair for stabilization as pictured if necessary. Repeat as directed.

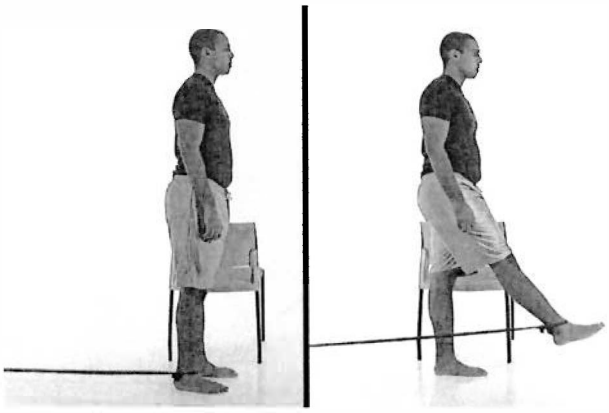
Standing Hip Extension with Resistance Band



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by placing an exercise band low in a door jam, and loop one end around the ankle of the leg to be exercised. Stand facing the doorway, and slowly kick the leg directly behind you. Make sure to keep your trunk upright, and avoid arching your back. Slowly return to starting position. You can use a stable object such as a chair for stabilization as pictured if necessary. Repeat as directed.

Standing Hip Flexion with Resistance Band



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin by placing an exercise band low in a door jam, and loop one end around the ankle of the leg to be exercised. Stand facing away from the doorway. With the knee straight, slowly kick your leg forward. Avoid bending the trunk throughout. Slowly return to starting position. You can use a stable object such as a chair for stabilization as pictured if necessary. Repeat as directed.

Monster Walks



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin with an exercise band looped around both feet. With your knees slightly bent, begin to step forward, placing your feet slightly further than shoulder width apart. Repeat as directed.

For: PHASE THREE

Backward Band Walks



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Begin with an exercise band looped around your ankles. Keeping your knees slightly bent, step your foot backwards. Slowly follow with the opposite foot. Make sure to keep your feet pointed forward at all times. Continue as directed

Sit to Stand



Sets: -- **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** --

Description: Position: Sitting. Movement: Begin in seated position. Slightly lean forward and push through your heels to stand up without using your hands, and then return to sitting. Tips: Use your hands to push up if you need to for safety. Do not hold your breath.