

All 4's Rocking - start on all 4's and rock forward + backwards as much as pain will allow.



2 to 3x per day, 20x per session

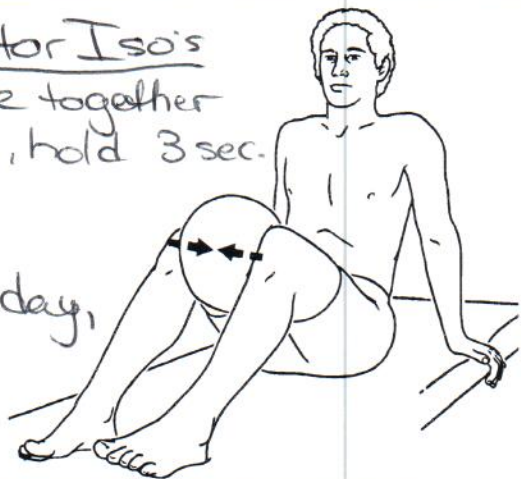
Quad Sets

Squeeze muscles on front of thigh, hold for 3 seconds



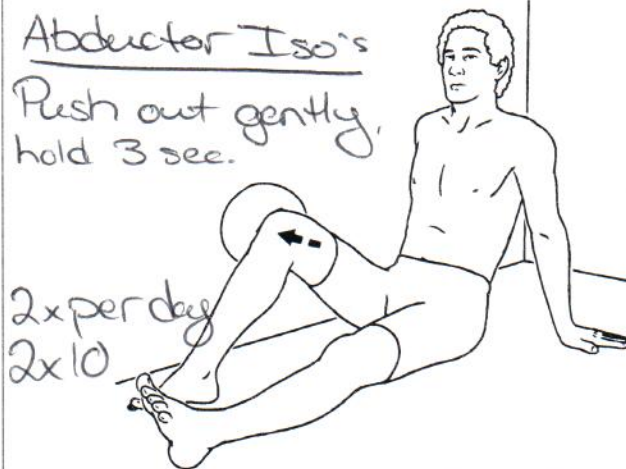
3 to 5 times per day, 3x10

Adductor Iso's Squeeze together gently, hold 3 sec.



2x per day, 2x10

Abductor Iso's Push out gently, hold 3 sec.



2x per day, 2x10

Bridging

Push through heels, lift pelvis off ground



2x per day, 2x10

Stationary Bike

Set resistance to 0 2 sessions per day, 30 min per session



If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.