

KNEE MENISCUS REPAIR

Heel Slides. Start performing heel slides the day after surgery. To perform, flex the knee and get a good stretch with no pain. DO NOT EXCEED 90 degrees of knee flexion for first 4 weeks post surgery. Perform 30 stretches, 3 times a day.

Hamstring Stretches. Start hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each stretch for 30 seconds

"Air Walks". You can start "air walks" once your knee flexion reaches at least 90 degrees and you feel good quad strength. Perform 5 repetitions, holding for 30 seconds each. Perform once a day.

Resistance Bands Training. Begin training with the resistance bands 4 weeks after surgery, but only if full ROM has been achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

KNEE MENISECTOMY

Heel Slides. Start performing heel slides the day after surgery. To perform, flex the knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Hamstring Stretches. Start hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each stretch for 30 seconds.

"Air Walks". You can start "air walks" once your knee flexion reaches at least 90 degrees and you feel good quad strength. Do 5 repetitions, holding for 30 seconds each. Perform once a day.

Resistance Bands Training. Begin training with the resistance bands 2 weeks after surgery, but only if full ROM has been achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.



KNEE ACL REPAIR

Heel Slides. Start performing heel slides the day after surgery. To perform, flex the knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Hamstring Stretches. Start hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each stretch for 30 seconds.

"Air Walks". You can start "air walks" once your knee flexion reaches at least 90 degrees and you feel good quad strength. Do 5 repetitions, holding for 30 seconds each. Perform once a day.

Resistance Bands Training. Begin training with the resistance bands 4 weeks after surgery, but only if full ROM has been achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

Resistance bands training should only be done on days you do not have physical therapy treatment and only when doing strengthening exercises.

**Before using the Rehab Sled,
Speak with your Surgeon or
Physical Therapist.**

For more information, visit :
WWW.REHABSLED.COM



REHAB SLED



**ENHANCE PATIENT
OUTCOMES.**

*A solution for better at
home rehabilitation exercises.*

ALL NON OPERATIVE KNEE CONDITIONS

Heel Slides. Start performing heel slides immediately. To perform heel slides, flex the knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Heel Slides with the Anchor. You can begin this exercise immediately. When performing a heel slide, "lock" the anchor pad once you reach your stretch tolerance. Perform 5 repetitions, holding each for 30 seconds. Perform this exercise 3 times a day.

Hamstring Stretches. Start hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each stretch for 30 seconds once a day.

"Air Walks". You can start "air walks" once your knee flexion reaches at least 90 degrees and you feel good quad strength. Perform 5 repetitions, holding for 30 seconds each. Perform once per day.

Resistance Bands Training. If your knee has full ROM, you may begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

KNEE REPLACEMENT

Heel Slides. Start performing heel slides the day after surgery. To perform, flex the knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Heel Slides with the Anchor. Begin this exercise the day after surgery. When performing a heel slide, "lock" the anchor pad once you reach your stretch tolerance. Perform 5 repetitions, holding each for 30 second. Perform these 3 times a day.

Hamstring Stretches. Start hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each stretch for 30 seconds.

"Air Walks". You can start "air walks" once your knee flexion reaches at least 90 degrees and you feel good quad strength. Perform 5 repetitions, holding for 30 seconds each. Perform once per day.

Resistance Bands Training. Begin resistance band training 2 weeks after surgery, but only if 90 degrees of flexion ROM was achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

HIP DEBRIDEMENT

Heel Slides. Start performing heels slides the day after surgery. However, NO hip Flexion greater than 90 degrees, until 2 weeks after surgery. To perform heel slides, flex your knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Heel Slides with the Anchor. Begin this exercise the day after surgery. When performing a heel slide, "lock" the anchor pad once you reach your stretch tolerance. Perform 5 repetitions, holding each for 30 second. Perform these 3 times a day.

Hamstring Stretches. Starting performing hamstring stretches once your quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each for

Hip Abduction Stretch. Start performing hip abduction stretches the day after surgery, only going to tolerance, with no pain. Perform 5 stretches, holding each stretch for 30 seconds, 3 times a day.

"Air Walks". Start "air walks" once your hip flexion reaches 90 degrees and adequate quad strength. Perform 5 repetitions, holding each for 30 seconds. Perform once per day.

Resistance Bands Training. Begin resistance band training 2 weeks after surgery, but only if full hip ROM has been achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

ACETABULAR LABRUM REPAIR

Heel Slides. Start performing heels slides the day after surgery. However, NO hip Flexion greater than 90 degrees, until 2 weeks after surgery. To perform heel slides, flex your knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Heel Slides with the Anchor. Begin this exercise immediately. However NO hip Flexion greater than 90 degrees, until 2 weeks post op. When performing a heel slide, "lock" the anchor pad once you reach your stretch tolerance. Perform 5 repetitions, holding each for 30 second. Perform these 3 times a day.

Hamstring Stretches. Start hamstring stretches 4 weeks after surgery. Perform 5 hamstring stretches holding each for 30 seconds.

Hip Abduction Stretch. Start performing hip abduction stretches the day after surgery. However NO hip abduction greater than 45 degrees until 2 weeks post surgery. Perform 5 stretches, holding each stretch for 30 seconds, 3 times a day.

"Air Walks". You can start "air walks" 3 weeks after surgery, and your hip flexion reaches 90 degrees and adequate quad strength. Perform 5 repetitions, holding each for 30 seconds. Perform once per day.

Resistance Bands Training. Begin resistance band training 4 weeks after surgery, but only if full ROM was achieved. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

ALL NON OPERATIVE HIP CONDITIONS

Heel Slides. Start performing heels slides immediately. To perform heel slides, flex your knee and get a good stretch with no pain. Perform 30 stretches, 3 times a day.

Heel Slides with the Anchor. Begin this exercise immediately. When performing a heel slide, "lock" the anchor pad once you reach your stretch tolerance. Perform 5 repetitions, holding each for 30 second. Perform these 3 times a day.

Hamstring Stretches. Start hamstring stretches once quad strength is adequate to lift into hip flexion. Perform 5 hamstring stretches holding each for 30 seconds.

Hip Abduction Stretch. Start performing hip abduction stretches immediately, only going to tolerance with no pain. Perform 5 stretches, holding each stretch for 30 seconds, 3 times a day.

"Air Walks". You can start "air walks" once you've achieved 90 degrees of hip flexion and adequate quad strength. Perform 5 repetitions, holding each for 30 seconds. Perform once per day.

Resistance Bands Training. Begin resistance band training 4 weeks after surgery, immediately if you have full ROM. Begin with the light resistance band (white) and gradually increase to your tolerance to the standard resistance band (black). Perform 3 sets of 10, 3 times a week.

