



Days from Surgery: 0-20

Range of Motion Flexion Target: 80

Range of Motion Extension Target: 15

	Reps	Sets	Time/Day	Duration (Min)
Ankle Pumps / Ankle Circles	10	1	2	
Isometric Quad Sets	10	1	2	
Supine Heel Slides	10	1	2	
Seated Heel Slides in Chair	10	1	2	
Seated Passive Knee Extension (Hold 30 sec.)	10	1	2	
Ice			2	20

Days from Surgery: 21-27

Range of Motion Flexion Target: 105

Range of Motion Extension Target: 0

	Reps	Sets	Time/Day	Duration (Min)
Straight Leg Raise	10	1	2	
Clamshells	10	1	2	
Seated Heel Slides in Chair	10	1	2	
Seated Passive Knee Extension (Hold 30 sec.)	10	1	2	
Ice			2	20

Days from Surgery: 42-48

Range of Motion Flexion Target: 115

Range of Motion Extension Target: 0

	Reps	Sets	Time/Day
Isometric Quad Sets	10	1	2
Supine Heel Slides	10	1	2
Straight Leg Raise	10	1	2
Clamshells	10	1	2

Days from Surgery: 49-69

Range of Motion Flexion Target: 115

Range of Motion Extension Target: 0

	Reps	Sets	Time/Day
Isometric Quad Sets	10	1	2
Supine Heel Slides	10	1	2
Straight Leg Raise	10	1	2
Clamshells	10	1	2
Step-Ups & Step Downs	10	1	2
Balance & Proprioception	10	1	2

Days from Surgery: 70-76

Range of Motion Flexion Target: 120

Range of Motion Extension Target: 0

	Reps	Sets	Time/Day
Isometric Quad Sets	10	1	2
Supine Heel Slides	10	1	2
Straight Leg Raise	10	1	2
Clamshells	10	1	2
Leg Press	10	1	2
Step-Ups & Step Downs	10	1	2
Balance & Proprioception	10	1	2



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Questions? Contact us!

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