



Ellipse Rehab Phase I Strengthening

Perform _____ repetitions of each exercise, twice daily.
Increase to _____ reps.

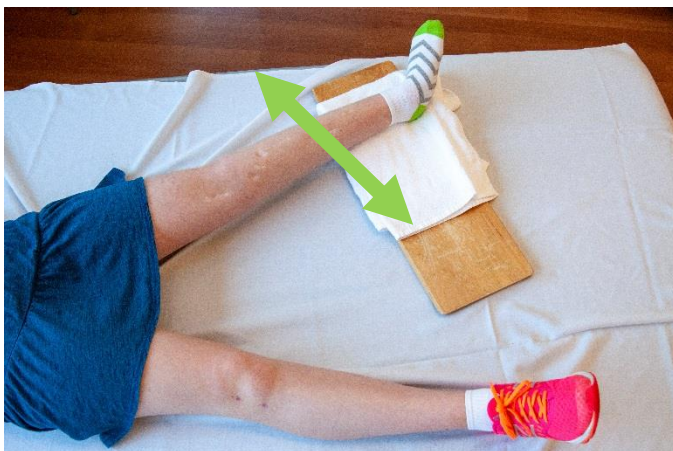


Ankle Pumps: With leg resting on bed and knee straight, slowly pump ankle up and down as far as possible.



Quad sets: Tighten thigh muscle and straighten knee as much as possible. Hold 5 seconds.

Glut sets: Tighten buttocks, hold 5 seconds.



Hip Abduction: slide leg slowly out to side, keeping knee straight and pointed towards ceiling.



Hip Rotation: Gently roll leg inward and outward, keeping knee straight.

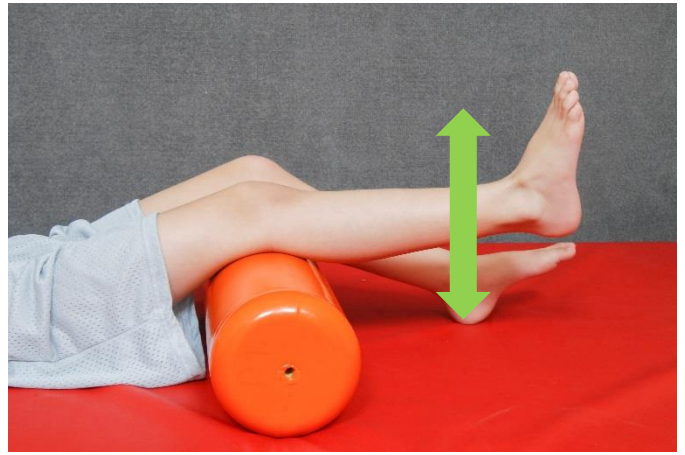


Ellipse Rehab Phase I Strengthening

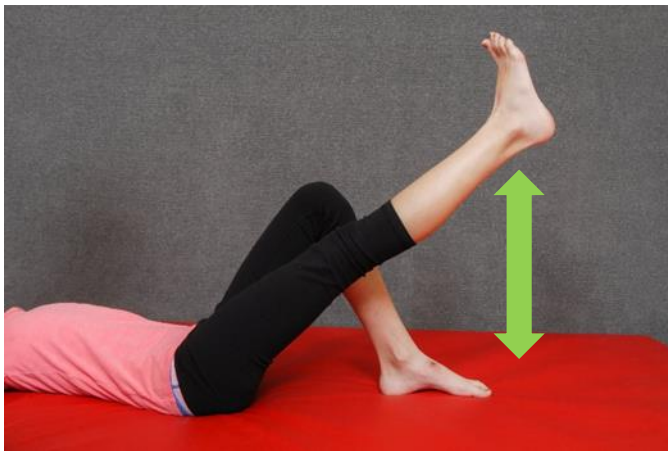
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Increase to _____ reps.



Heel Slides: Slowly bend your knee by sliding your foot as close to your buttocks as able.



Short arc quads: Place a firmly rolled blanket under knee, with foot resting on bed. Straighten knee and hold 5 seconds.



Straight leg raise: Lie on your back with opposite knee bent. Slowly raise leg, keeping knee straight. Hold 2 seconds.



Ellipse Rehab Phase I Stretching

Perform _____ repetitions of each exercise, twice daily.



Heelcord Stretch: Pull heelbone AWAY from patient while pushing ball of foot TOWARDS patient. Hold 20 seconds.



Knee extension stretch: Gently push down on top of thigh (just above the knee) while lifting calf upward, to straighten knee. Hold 20 seconds.



Hip extension stretch: Stabilize buttocks with one hand while lifting thigh upward with other hand. Hold 20 seconds. Alternate: perform in sidelying.



Hip abduction stretch: Take leg out to side until a stretch is felt on inner thigh. Keep knee straight and avoid leg rolling outward. Hold 20 seconds.



Ellipse Rehab Phase I

General Guidelines

Activity:

1. Non-weightbearing (no walking, standing, or kneeling) on surgical leg.
2. Home exercise program twice daily.
3. May use ankle weights with mat exercises under PT guidance.
4. May pedal stationary bike with no resistance.

Note: Do not begin weightbearing on your surgical leg until your doctor advises you to do so, even after you are finished lengthening.



Positioning/Bracewear:

1. Wear knee brace as instructed.
2. Lie on flat on stomach at least once daily for 30 minutes.
3. No compression garments or devices. May elevate and ice as needed for swelling.

Note: Do not modify your bracewear schedule or adjust your brace settings except as instructed to do so by your doctor.

