

EXERCISES RECORD

(please record exercises and review it with your physiotherapist)

	Week Of							Week Of						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Before Surgery: Exercises														
1														
2														
3														
4														
5														
6														
7														
8														
After Surgery: Week 1-3														
9														
10														
11														
After Surgery: Weeks 3-12														
Exercises to Improve Bending														
12														
13														
14														
Exercises to Improve Straightening														
15														
16														
17														

	Week Of							Week Of							Week Of						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Exercises to Improve Balance & Walking																					
18																					
	Side to side weight transfers																				
19																					
	Fwd & back weight transfers																				
20																					
	Mini Knee Bends																				
21																					
	Toe-Heel Ups																				
22																					
	One Leg Balance																				
Exercises to Improve Strength																					
23																					
	Resisted Knee Straightening																				
24																					
	Resisted Knee Bend																				
25																					
	Sit to Stand																				
26																					
	Wall Slides																				
27																					
	Stepping Up/Down																				
28																					
	Side Steps																				
29																					
	Split Squat (lunge)																				
Measure It!							Week Of							Week Of							
Range of Motion							= Bend							= Bend							
							= Straight							= Straight							
Strength							= Front of Thigh							= Front of Thigh							
							= Back of Thigh							= Back of Thigh							