



Limb Lengthening and



Reconstruction Program Exercises

Name:

Physiotherapist:

Weight Bearing Status:

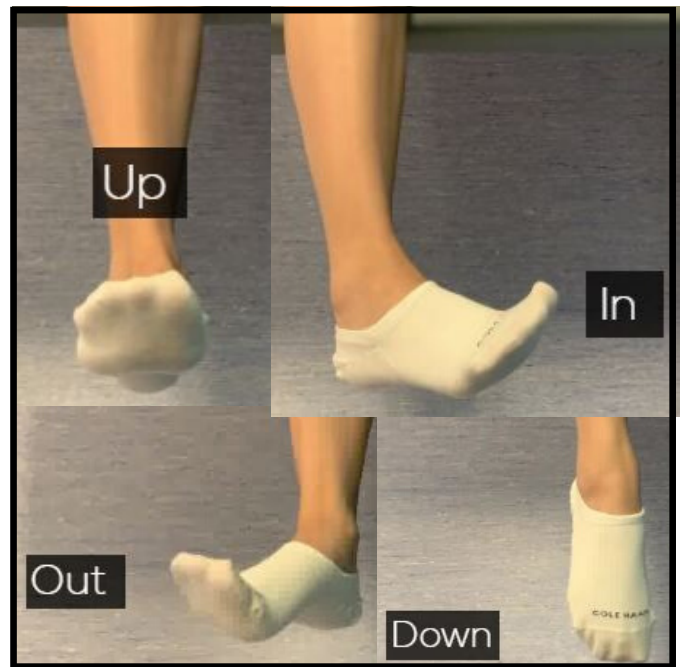
Contact:

1. Ankle Pumps / Squares

Sit in bed or over the edge of your bed. Point your feet up, down, in and out. You can spell your name with your foot or move your ankle in circles one way then the other way.

Repeat x: _____

_____ per day



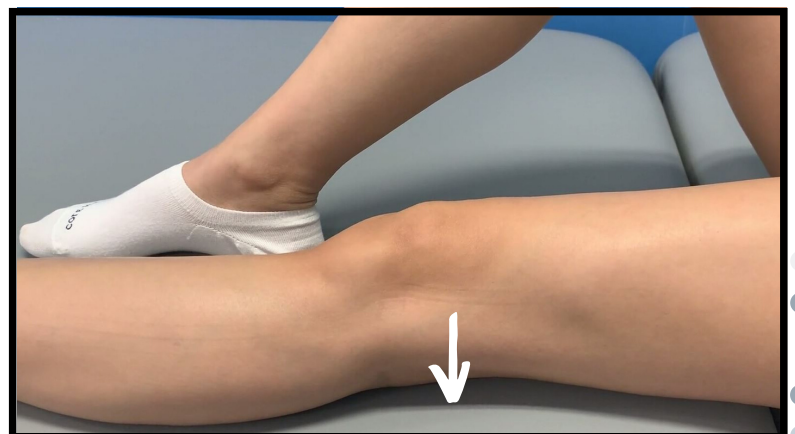
2. Isometric Quads

Sit upright with your involved leg straight. Push the back of your knee into the surface tightening your quadriceps muscles.

Repeat x: _____

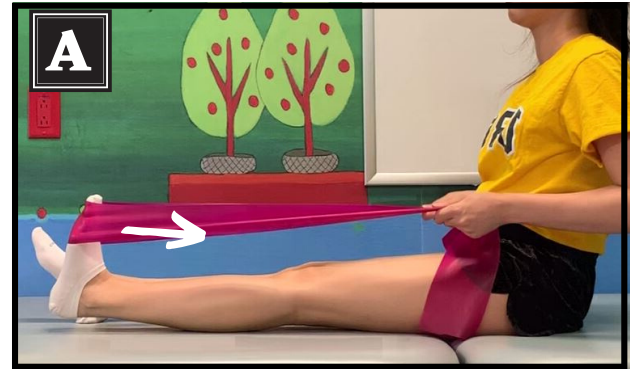
Hold: _____

_____ per day



3. Ankle Dorsiflexion

A. Place a theraband or towel around the middle of your foot. Pull your foot towards your knee by pulling on the band/towel while keeping your leg straight.



Repeat x: _____

Hold: _____

_____ per day

B. Use a pillow or foam roller to support your knee in a bent position. Place a theraband or towel around the middle of your foot. Pull your foot towards your knee by pulling on the band/ towel while keeping your heel on the surface.



Repeat x: _____

Hold: _____

_____ per day

C. To do this stretch you must be cleared for weight-bearing by your doctor. Place your foot on the edge of a step so that your heel hangs off the edge. Allow gravity and your body weight to stretch your calf muscles as your heel sinks towards the ground. You may hold onto a railing with your hands for extra support.



Repeat x: _____

Hold: _____

_____ per day

4. Toe Flexion

With one hand, grasp the middle of your foot. Use your other hand to bend your toes down towards the bottom of your foot.

Repeat x: _____

Hold: _____

_____ per day



5. Toe Extension

With one hand, grasp the middle of your foot. Use your other hand to bend your toes up towards the top of your foot.

Repeat x: _____

Hold: _____

_____ per day



6. Knee Extension

Progress through each exercise as instructed by your physiotherapist. Make sure your toes and knees point in the same direction.

Repeat x: _____

Hold: _____

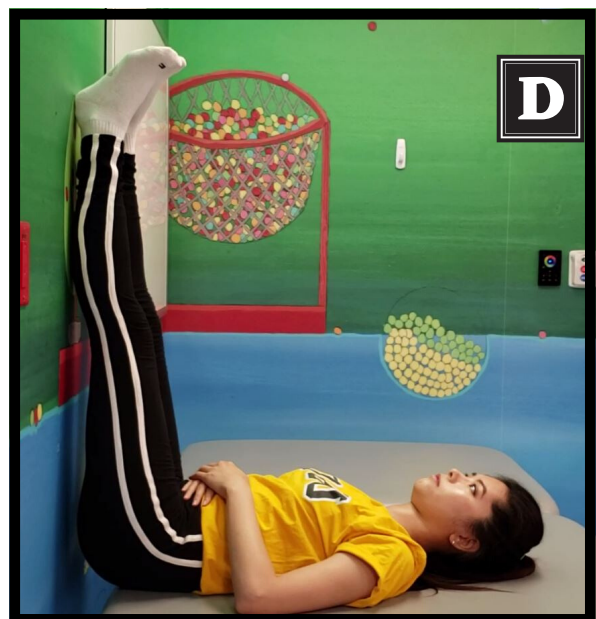
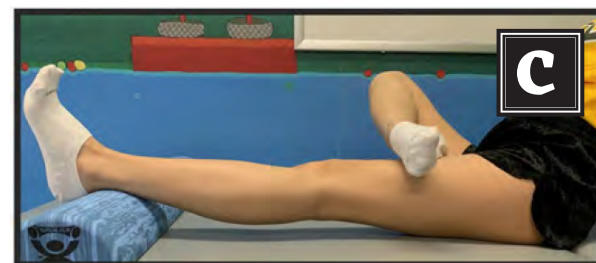
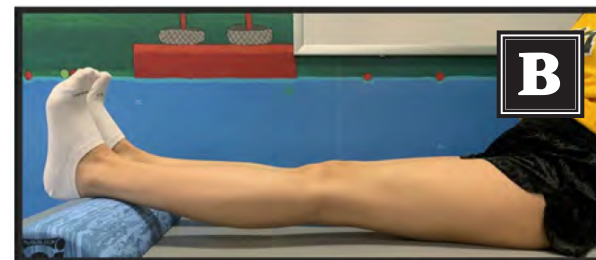
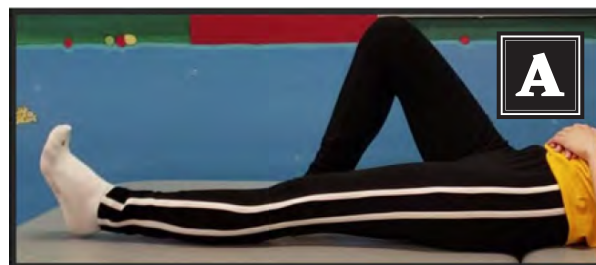
_____ per day

A. Lie on your back and let gravity pull your knee towards the ground/surface.

B. To get a deeper stretch, sit tall and place a block or rolled towel under your ankle so that your knee, heel and calf are raised off the ground. Allow gravity to pull the back of your knee towards the ground/surface.

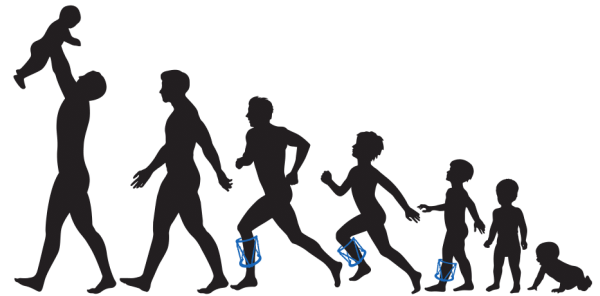
C. You may add weight to the top of your thigh using your other foot or hands to get a deeper stretch.

D. Lie on your back with your heels on the wall. Keep your tailbone on the ground/surface. Slowly bring your buttocks closer to the wall.



7. Knee Flexion

Ask your physiotherapist which version of this stretch will work best for you.



Repeat x: _____

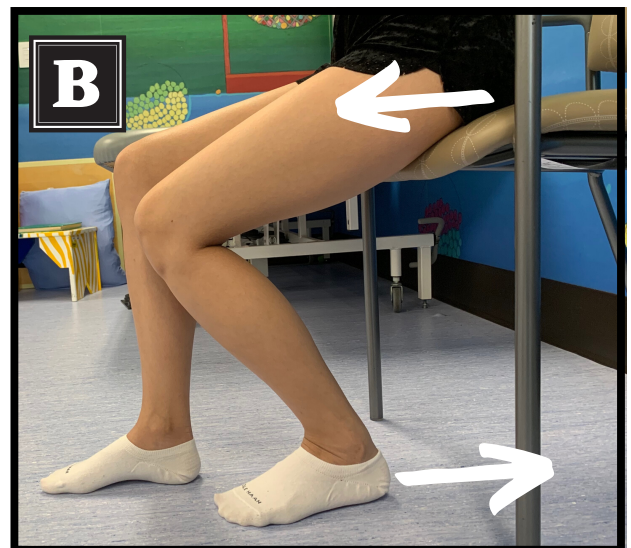
Hold: _____

_____ per day

A. While sitting or lying, bend your knee and slide your heel towards your buttocks. Give your knee a hug.



B. If weight-bearing is permitted by your healthcare team, you can do this exercise seated in a chair. With your heel planted on the ground, slide your foot backwards until you feel a stretch. Slide your bum towards the edge of the chair to deepen the stretch.



C. Lie on your stomach. Keeping your hip bones glued to the table, bend your knee towards your buttocks. Someone can assist by gently bringing your heel towards your buttocks.



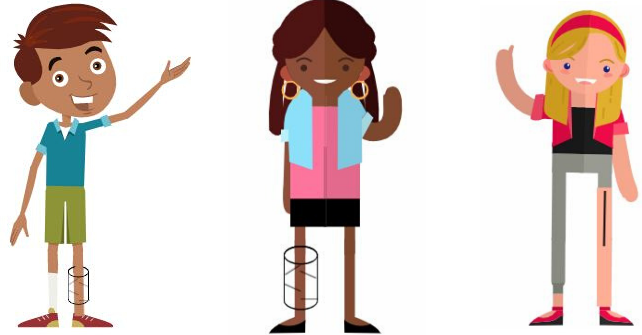
8. Hip Flexor Stretch

Progress through each exercise as instructed by your physiotherapist.

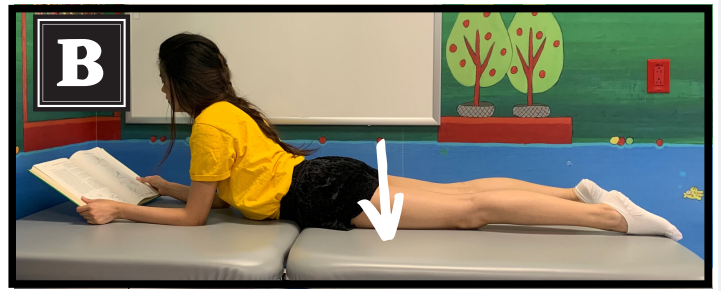
Repeat x: _____

Hold: _____

_____ per day

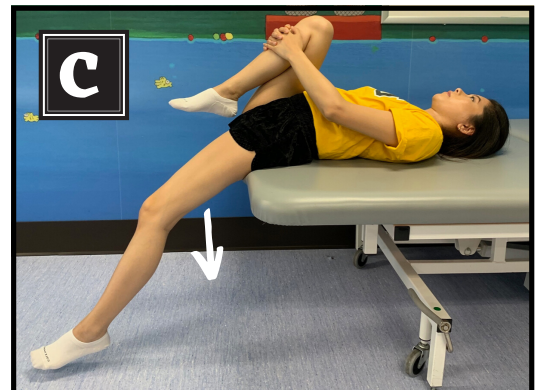


A. Lie down with your back flat against the ground. Stretch your legs out and let the backs of your thighs sink to the ground without arching your back.



B. Lie on your stomach with your legs straight and your hips glued to the ground. Prop up your torso using your elbows.

C. Lie with your back on the edge of a table or bed so that the very bottom of your bum is on the edge of the table. Let one leg sink down towards the floor while you hug your other leg towards your chest.



9. IT Band Stretch

Lie sideways on the bed with your back facing the edge. Ask someone to stand behind you so you do not fall. Keeping your hips stacked, bring your top leg slightly behind you so that it is off of the bed and towards the ground. Someone can assist by holding your hips in place and guiding your leg towards the ground.

Repeat x: _____

Hold: _____

_____ per day



10. Anchored Hip Abduction

Lie on a table or bed. Hang your uninvolved leg over the edge of the table/bed to help glue your hips and bum to the ground. Keeping your knees and toes pointing towards the ceiling, slide your other leg outwards.

Repeat x: _____

Hold: _____

_____ per day



11. Heel Slides

Lie on your back. Starting with your leg straight, slowly bring your heel towards your bum and then back down. You may place a board or towel under your heel while doing this exercise to reduce friction.

Repeat x: _____

Hold: _____

_____ per day



12. Hip Abduction

Lie on your back. Start with your feet together. Bring one leg away from the other. Imagine you are making a snow angel. Keep your knees and toes pointing up. You may place a board or towel under your heel while doing this exercise to reduce friction.

Repeat x: _____

Hold: _____

_____ per day



13. Isometric Abduction

Lie down on your back with your legs bent. Have someone gently push your knees together as you try to push your knees back out. This exercise can also be done sitting in a chair.

Repeat x: _____

Hold: _____

_____ per day



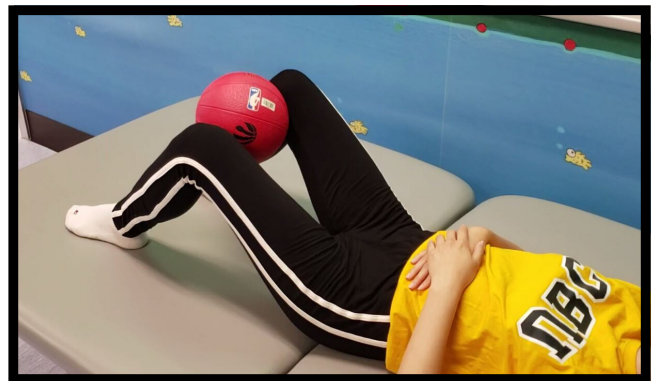
14. Isometric Adduction

Lie down on your back and place a ball in between your knees. Squeeze your knees together and push into the ball. This can also be done by sitting in a chair squeezing a ball between your knees.

Repeat x: _____

Hold: _____

_____ per day



15. Isometric Hamstrings

While lying or sitting upright with your knees bent, push your heels into the surface. Tighten the muscles on the backs of your thighs.

Repeat x: _____

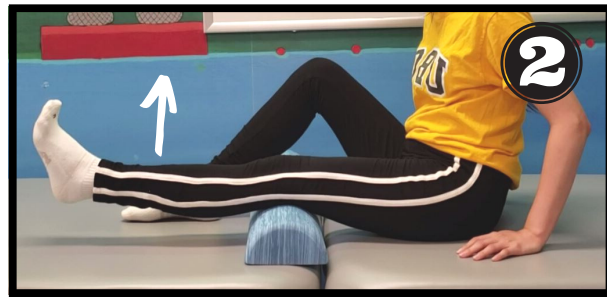
Hold: _____

_____ per day



16. Short Arc Quadriceps (SAQ)

Sit upright with a roller or towel underneath your knee. Slowly lift your heel of the surface to straighten your leg and lower it back down.



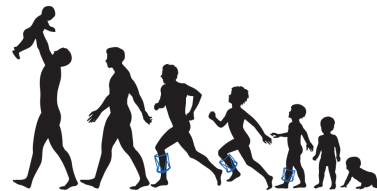
Repeat x: _____

Hold: _____

_____ per day

17. Long Arc Quadriceps (LAQ)

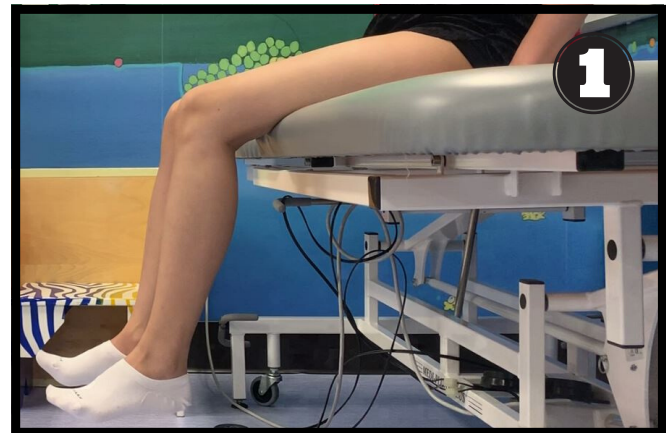
Sit upright on the edge of a bed or in a chair. Slowly straighten your knee then slowly lower it back down.



Repeat x: _____

Hold: _____

_____ per day



18. Glute Bridge

Lie on your back with both legs bent. Push your hips up so that they are off the ground and squeeze your buttocks.



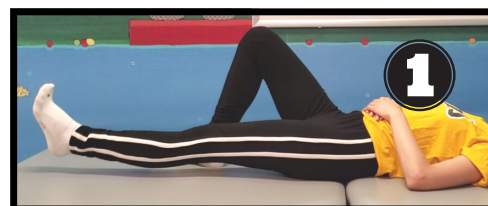
Repeat x: _____

Hold: _____

_____ per day

19. Straight Leg Raise - Supine

Lie on your back with your uninvolvement leg bent for support. Slowly raise your involved leg upwards, then slowly bring it back down.



Repeat x: _____

Hold: _____

_____ per day

20. Straight Leg Raise - Side

Lie on your side with your involved leg on top. Slowly raise your leg upwards while keeping it straight. Slowly bring your leg back down. Make sure to keep your hips stacked as you do so.



Repeat x: _____

Hold: _____

_____ per day

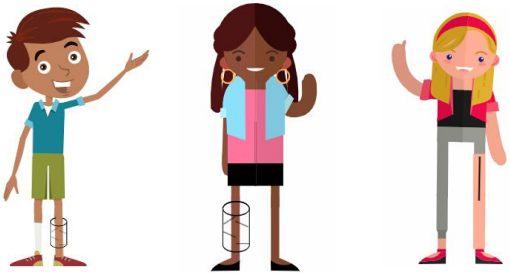
21. Straight Leg Raise - Prone

Lie on your stomach with your feet hanging off the edge of the bed. Slowly raise your involved leg off the bed and then bring it back down. Keep the front of your hips on the surface at all times.

Repeat x: _____

Hold: _____

_____ per day



22. Hamstring Curls

Lie on your stomach with your feet off the edge of the bed. Slowly bend your leg, heel towards your bum, and slowly lower.

Repeat x: _____

Hold: _____

_____ per day



23. Weight Bearing

IMPORTANT: consult your healthcare team to determine your weight bearing status before you attempt these exercises!

Your weight bearing status is: _____

A. Slant Board: Stand on a slanted board with your feet planted firmly.

Hold: _____

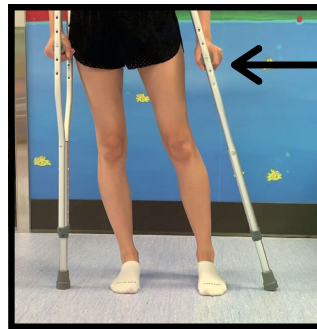
_____ per day



B. Weight-Shifting: Using your crutches for support, slowly shift your weight from left to right. You can also stand with one foot in front of the other and shift your weight forward and backwards.

Repeat x: _____

_____ per day



C. Heal-Toe Gait: Practice your heel-toe gait as you walk. As you take a step, your heel should be the first part of your foot to touch the ground. Next, plant your toes on the floor. Repeat with the other leg.

Repeat x: _____

_____ per day

