

## Physical Therapy Before Your Rotationplasty

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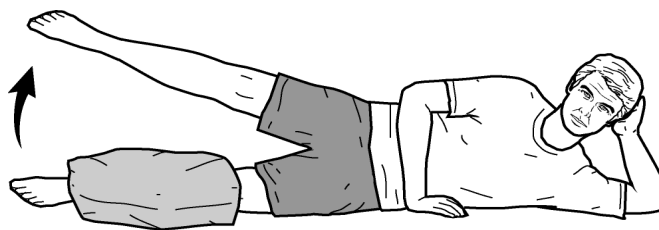
This handout has information about the exercises you will need to do before your rotationplasty surgery. These exercises will help to improve your range of motion and strengthen your hip and ankle. **Do each exercise 2 to 3 times each day.**

The following exercises should be done with your leg that will have surgery. Your therapist will put a check (✓) by the leg to use for these exercises.

- Left leg
- Right leg

### Lying Side Leg Lift (abduction)

1. Lie on your side with your leg that will have surgery on top. Put a pillow between your legs.
2. Only bend your lower leg if needed for support. Keep your top leg straight.
3. Raise your top leg up about 12 inches off the floor. Keep your knee straight and tighten the muscles on the front of your thigh.
4. Repeat 10 times. Do 2 sets of 10.

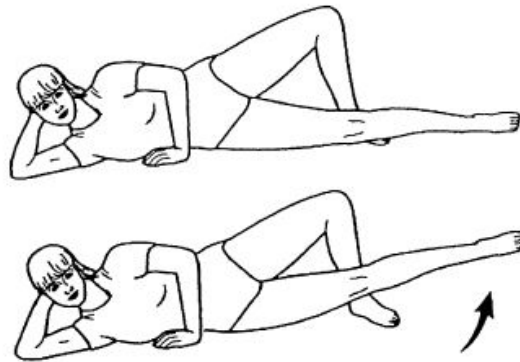


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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Lying Side Leg Lift (adduction)

1. Lie on your side with your leg that will have surgery on the bottom.
2. Keep your top leg bent with your foot on the floor or mat.
3. Keep your bottom leg straight.
4. Tighten your muscles and lift your bottom leg up toward the ceiling.
5. Repeat 10 times. Do 2 sets of 10.



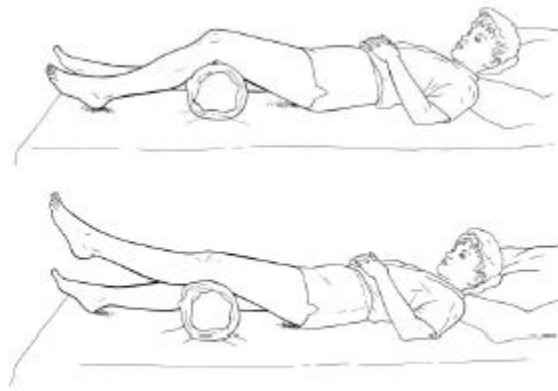
## Straight Leg Raise

1. Lie down on your back. Keep your leg that will have surgery straight and tighten the muscles in the front of your leg.
2. Lift your leg up toward the ceiling about 12 inches off the floor.
3. Repeat 10 times. Do 2 sets of 10.



## Short Arc Quad

1. Lie down and place a blanket roll under the knee of your leg that will have surgery.
2. Rest your thigh on the roll and lift your heel off the floor or bed. Straighten your knee as much as possible.
3. Pause and then slowly lower heel.
4. Repeat 10 times. Do 2 sets of 10.



## Ankle Pumps

1. Move your foot up and down as if you were pushing down or letting up on a gas pedal in a car.
2. Repeat 10 times. Do 2 sets of 10.



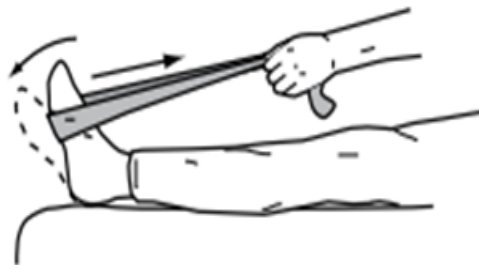
## Toe Pull Up

1. Loop the end of the theraband around the edge of your bed or leg of a chair. Loop the other end around the top of your foot.
2. Pull your toes back towards you. Slowly return your foot back to starting position.
3. Repeat 10 times. Do 2 sets of 10.



## Toe Point

1. Loop the theraband around the ball of your foot. Hold the other end of the theraband in your hands.
2. Slowly point your toes as if you were pushing down on a gas pedal in a car. Slowly return your foot back to starting position.
3. Repeat 10 times. Do 2 sets of 10.



## Foot Turn Out

1. Sit with your legs straight out in front of you. Loop one end of the theraband around the ball of your foot of your leg that will have surgery.
2. Pull the theraband up along the side of your leg. Hold the other end of the theraband in your hands.
3. Turn your foot out to pull against the theraband. Slowly bring your foot back in.
4. Repeat 10 times. Do 2 sets of 10.



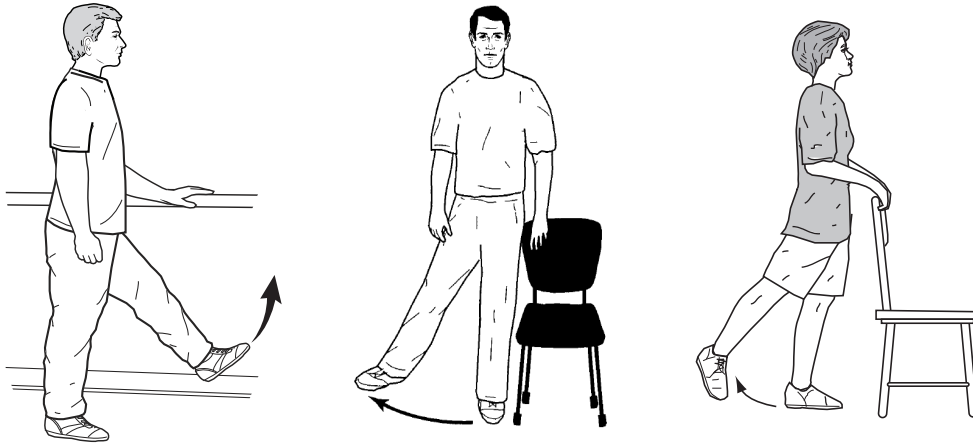
## Foot Turn In

1. Sit with your legs straight out in front of you. Loop one end of the theraband around the ball of your foot of your leg that will have surgery.
2. Cross your other leg over top.
3. Pull the theraband up along the side of your leg. Hold the other end of the theraband in your hands.
4. Turn your foot in to pull against the theraband. Slowly bring your foot back out.
5. Repeat 10 times. Do 2 sets of 10.



## Standing Hip Three-Way Kicks

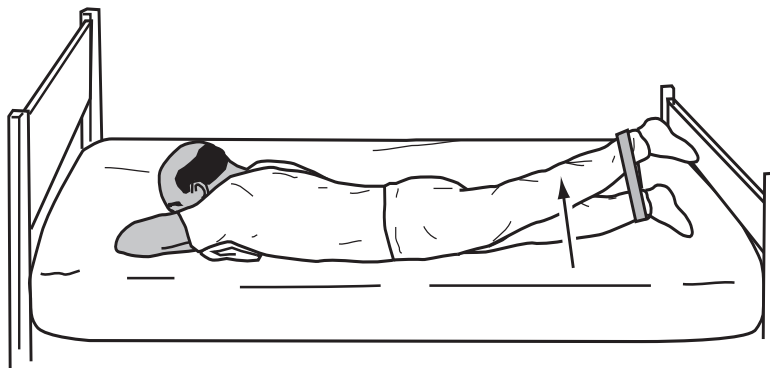
1. Stand up and hold onto a chair in front of you.
2. Keep your knees straight and bring your leg in front of you. **Do not** lean backwards. Repeat 10 times.
3. Then, bring your leg out to the side. Repeat 10 times.
4. Next, bring your leg behind you. Repeat 10 times.



The following exercises should be done with both legs.

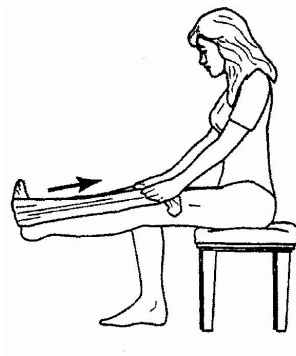
## Leg Raise on Stomach

1. Lie down on your stomach and loop the theraband around each ankle.
2. Keep your knees straight and slowly lift your leg up toward the ceiling. Slowly return your leg back to starting position.
3. Repeat 10 times. Do 2 sets of 10 with each leg.



## Calf Stretches

1. Sit with your leg straight out in front of you.
2. Loop a towel or theraband around the ball of your foot.
3. Pull your foot back toward your body until you feel a stretch.
4. Hold for 30 seconds, relax and repeat 3 times with each leg.



## Hamstring Stretch

1. Sit on the edge of a stable chair. Place your heel on the floor and keep your leg straight.
2. Sit up tall and reach your body toward your heel.
3. Hold for 30 seconds, relax and repeat 3 times with each leg.

