



Healers. Innovators. Teachers.

## Gait Training

### **Gait Training At Home:**

1. Early motion and weightbearing will decrease the risk of Arthrofibrosis
2. Improving quadriceps strength will help to decrease changes in your walking pattern after surgery
3. Normalizing your walking pattern will reduce the risk of re-injury of your knee

### **Marching in Place**



Standing tall, hold on to a chair or sink for support. Begin marching in place, slowly and with control, trying to raise your knees as high as you can without pain.

Repeat \_\_\_\_\_ times.

## Hamstring Curl



Standing tall, hold on to a chair or sink for support. Bend at your knee to bring your heel towards your buttock. Try to keep the front on your knee even with the standing leg. With control, lower your foot to the floor, making the repetitions as smooth and as fluid as possible.

Repeat \_\_\_\_\_ times.

## Terminal Knee Extension with March



Standing with your heel and back against the wall, you may add a small towel roll behind the knee. Squeeze your thigh to press your knee straight, squishing the towel into the wall. Over time, remove the towel and press the back of your knee towards the wall.



**Progression:** Squeeze thigh to press your knee into the towel or wall. Maintaining your quad set, lift your opposite knee up towards your hip. Return foot to the ground and allow thigh to relax.

Repeat \_\_\_\_\_ times. Hold \_\_\_\_\_ seconds.

## Hurdle Step Over



Set up small obstacles using plastic cups/hurdles with enough room for you to step over. Lift one foot up and over the hurdle, being mindful to exaggerate squeezing heel to buttock as well as lifting knee towards hip. Place your foot on the floor, focusing on a heel to toe landing.

Repeat \_\_\_\_\_ times on each side.

## Hurdle Side Step Over



Set up small obstacles using plastic cups/hurdles with enough room for you to step over. Standing next to the hurdle, lift your leg to step sideways over the hurdle, emphasizing bending at the knee to clear the hurdle. Place your foot on the floor, and shift your weight to stand evenly on both legs.

Repeat \_\_\_\_\_ times on each side.

## Backwards Walking



Use a device if you need support, otherwise try walking backwards if you can be safe doing so on your own. Take a step backwards, landing on your toes and allowing heel to come to the ground. Squeeze through the front of your leg as you start to shift your weight in order to step back with the other leg. Make steps as even and as smooth as possible, focusing on control and balance, not speed.

Repeat \_\_\_\_\_ times.