

# POST-SURGERY RECOVERY EXERCISE LOG

Patient Name: \_\_\_\_\_

Week Beginning: \_\_\_\_\_

Surgeon/PT: \_\_\_\_\_

Target RPE (1-10): \_\_\_\_\_

EXERCISE DESCRIPTION	SETS/REPS	FREQUENCY	MTWTFSS (DAILY TRACKER)
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<b>Ankle Pumps</b> Flex and extend feet	2 x 15	3x Daily	
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<b>Quad Sets</b> Tighten thigh muscle	3 x 10	2x Daily	
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<b>Heel Slides</b> Slide heel toward glutes	2 x 10	2x Daily	
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<b>Short Arc Quads</b> Straighten knee over bolster	3 x 10	1x Daily	
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<b>Assisted Walking</b> Focus on heel-to-toe	5-10 min	3x Daily	
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## Pain/Symptom Tracking & Notes:

Stop exercise immediately if you experience sharp pain, shortness of breath, or excessive swelling.