

CLIENTName Robert HainesAge: 67Height: 178 cmWeight: 92 kg**COACH**Name: Dr. Linda Farrow, DPTPhone: +1 (312) 555-0184

WEEKLY WORKOUTS

April 2026 -
Pre-Surgery
Week 3 of 6*Daily Exercises**Done?*

Monday		Quad & Glute Activation	
Quad Sets (isometric)	Sets: <u>3</u>	Repeat: <u>15</u>	
Weight: <u>BW</u>			
Straight Leg Raises	Sets: <u>3</u>	Repeat: <u>12</u>	
Weight: <u>BW</u>			
Glute Bridges	Sets: <u>3</u>	Repeat: <u>15</u>	
Weight: <u>BW</u>			
Mini Wall Squats (0-30°)	Sets: <u>3</u>	Repeat: <u>10</u>	
Weight: <u>BW</u>			
Seated Calf Raises	Sets: <u>3</u>	Repeat: <u>20</u>	
Weight: <u>BW</u>			
Note:	<u>Build quad strength now to accelerate post-surgery recovery. Pain ≤ 3/10 only.</u>		

Tuesday

Cardio & Circulation

Stationary Cycling
(recumbent)

Sets: **1** Repeat: **20 min**

Weight: **Low**

Ankle Pumps

Sets: **3** Repeat: **20**

Weight: **-**

Seated Marching

Sets: **2** Repeat: **5 min**

Weight: **-**

Hip Flexor Stretch

Sets: **3** Repeat: **30s**

Weight: **-**

Note: **Improve cardiovascular fitness before surgery. Keep heart rate moderate.**



Wednesday

Hip & Core Stability

Side-Lying Hip Abduction

Sets: **3** Repeat: **15**

Weight: **BW**

Clamshells (resistance band)

Sets: **3** Repeat: **15**

Weight: **Light**

Pelvic Tilts (supine)

Sets: **3** Repeat: **15**

Weight: **BW**

Dead Bug

Sets: **3** Repeat: **10**

Weight: **BW**

Bird-Dog

Sets: **3** Repeat: **10**

Weight: **BW**

Note: **Strong hips and core reduce post-op compensations. Focus on control.**



Thursday

Balance & Proprioception

Single-Leg Stand (chair support)

Sets: 3 Repeat:

20s

Weight: BW

Heel-to-Toe Walking

Sets: 3 Repeat:

10 steps

Weight: BW

Step-Ups (4-inch step)

Sets: 3 Repeat:

10

Weight: BW

Terminal Knee Extension (band)

Sets: 3 Repeat:

15

Weight: Light

Standing Hip Extension

Sets: 3 Repeat:

12

Weight: BW

Note: Improve proprioception now to speed post-surgery rehab. Use chair nearby.



Friday

Strength & ROM

Heel Slides (supine)

Sets: 3 Repeat:

15

Weight: BW

Prone Knee Hangs (extension)

Sets: 3 Repeat:

5 min

Weight: -

Short Arc Quad Extension

Sets: 3 Repeat:

15

Weight: BW

Leg Press (bilateral)

Sets: 3 Repeat:

12

Weight: Moderate

Hamstring Stretch (supine)

Sets: 3 Repeat:

30s

Weight: -

Note: Aim for full knee extension and 110° flexion before surgery if possible.



Saturday

Light Cardio & Flexibility

Pool Walking (waist-deep) Sets: 1 Repeat: 20 min

Weight: -

Quad & Hip Flexor Stretch Sets: 3 Repeat: 30s

Weight: -

IT Band Stretch Sets: 3 Repeat: 30s

Weight: -

Foam Roll - Quads & Calves Sets: 2 Repeat: 60s

Weight: -

Note: Keep it easy. The goal is circulation and mobility, not fatigue.



Sunday

Full Rest

Mindful Breathing / Relaxation Sets: 1 Repeat: 10 min

Weight: -

Gentle Ankle & Foot Mobility Sets: 2 Repeat: 10

Weight: -

Ice if needed (knee) Sets: 1 Repeat: 15 min

Weight: -

Note: Complete rest. Review surgery prep checklist and consult surgeon if any concerns.



Orthopedic Pre-hab & Wellness Center

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