THIS DEVICE IS CURRENTLY UNDER CLINICAL TRIAL INVESTIGATION
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The MAXM skate is a medical rehabilitation device designed for use following total knee replacement surgery. The effectiveness and safety of the device is currently under clinical trial investigation. The MAXM Skate, Sensors, App and Exercise program are designed to provide real-time, objective data on exercise and rehabilitation progress following an exercise therapy session at home. The MAXM exercise program has been divided into 4 stages. Incremental progressions are based on time and function.

- Never stand while the Maxm Skate is attached to your foot.
- Only use the Maxm Skate as described in your information booklet and as indicated in this exercise booklet.
- Stop and seek advice if you are experiencing any increase in pain, particularly if not settling.
- If you have any questions, ask your hospital physiotherapist or call your surgeon’s consulting rooms.

For further information and contact details please refer to maxmskate.com.au
SESSION OUTLINE

Each daily Maxm rehabilitation session aims to promote healing, restore movement, increase muscle strength and restore function.

These sessions are progressed over the 4 stages of your rehabilitation (see diagram). Maxm technology will keep you informed on how you are progressing during each component of each phase of your rehabilitation.

SKATE MOVEMENT  STRENGTH  FUNCTIONAL

EACH STAGE HAS 3 CATEGORIES OF EXERCISES.

- SKATE/MOVEMENT
  - JOINT RANGE
  - MUSCLE ACTIVATION
  - HEALING

- STRENGTH
  - MUSCLE STRENGTH
  - PROPRIOCEPTION
  - BALANCE

- FUNCTIONAL
  - FUNCTION INTEGRATION
  - FITNESS
  - LIFESTYLE

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**STAGE 1 - DAYS 0-14**

**RANGE OF MOTION AND WARM UP**

**FLAT SKATE**
- In a seated position.
- Glide skate forward and backward.
- Keeping wheels flat on the floor at all times.

**EXTENSION SKATE**
- In a seated position glide skate forward.
- Engage quadriceps to further straighten knee.
- Pull back on the MAXM strap to maximize stretch.
- Hold for 2 seconds then release tension.
- Return to start position & repeat.

**FLEXION SKATE**
- In a seated position place MAXM strap into back hook.
- Glide skate forward then backwards.
- Pull up on MAXM strap to maximize flexion (knee bend).
- Hold for 2 seconds.
- Return to start position & repeat.

**FREQUENCY**
- 3 sets x 40 reps
- Smooth, slow movement
- 3 Sessions per day

**INSTRUCTION**
- 3 sets x 10 reps with 2 secs hold
- 3 Sessions per day

**SENSOR SET UP**
A. Turn on sensors
- White sensor flashes red when activated
- Blue sensor flashes green when activated

B. Place White static sensor 5cm above the top of your knee cap and secure strap

C. Place blue motion sensor 5cm above your ankle and secure strap

D. Turn on app
- select stage
- select exercise
- sensor will vibrate & app will vibrate

NB: BOTH ARROWS ON THE SENSORS MUST POINT TO THE KNEECAP.
**STRENGTH STAGE 1 - DAYS 0-14**

**QUADRICEPS AND SINGLE LEG BALANCE**

**IRQ LONG SITTING**

**INSTRUCTION**
- Pull toes back
- Squeeze inner quad/thigh
- Lift heel slowly, pressing back of thigh into towel
- Hold knee straight 2 seconds
- Lower heel slowly
- Relax & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**SUPPORTED SINGLE LEG BALANCE**

**INSTRUCTION**
- Stand facing a chair. Light finger pressure on chair can be used for balance
- Maintaining even pressure through both heels
- ¼ squat slowly & hold for 2 seconds
- Return to start position & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**SUPPORTED DOUBLE LEG SQUAT**

**INSTRUCTION**
- Stand facing a chair with light finger pressure on chair for balance
- Balance on operated leg keeping equal pressure through heel and ball of big toe
- Keep pelvis level and knee over foot
- Hold for 10 seconds

**FREQUENCY**
- 3 sets x 10 secs hold
- 3 sessions per day
**STRENGTH STAGE 1 - DAYS 0-14**

**CALF HIP AND HAMSTRING**

**INSTRUCTION**
- Stand on both legs with feet shoulder width apart
- Touching support lightly with fingers
- Rise onto toes slowly, keeping pressure on ball of big toe
- Hold for 1 second, lower slowly to the floor & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day
- Note: calf muscles should fatigue

---

**FUNCTIONAL STAGE 1 - DAYS 0-14**

**FUNCTIONAL INTEGRATION**

**SUPPORTED STANDING HEEL RAISE**

**INSTRUCTION**
- Face chair
- Stand on both legs with feet shoulder width apart
- Touching support lightly with fingers
- Rise onto toes slowly, keeping pressure on ball of big toe
- Hold for 1 second, lower slowly to the floor & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day
- Note: hamstrings should fatigue

---

**SUPPORTED MINI LUNGES**

**INSTRUCTION**
- Stand with feet level using a chair as support
- Slowly step to the right side 10 cm over an imaginary object & return back to start position
- Slowly step to left side 10 cm over an imaginary object & return back to start position
- Repeat
- Repeat other direction, stepping to the left

**FREQUENCY**
- 3 sets x 5 reps (each direction)
- 3 sessions per day

---

**SUPPORTED SIDE STEP DRILL**

**INSTRUCTION**
- Face chair
- Stand on both legs with feet shoulder width apart
- Touching support lightly with fingers
- Rise onto toes slowly, keeping pressure on ball of big toe
- Hold for 1 second, lower slowly to the floor & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day
- Note: hamstrings should fatigue

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**STEPS PER DAY**

- **END WEEK 1**
  - 1,000 STEPS PER DAY

- **END WEEK 2**
  - 2,000 STEPS PER DAY

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WALKING WITH THE SENSORS ON

FOR 5 MINUTES, 3 TIMES PER DAY.
**M O V E M E N T  S T A G E  2  -  W E E K S  2 - 6**

**R A N G E  O F  M O T I O N  A N D  W A R M  U P**

**F L A T  S K A T E**

**I N S T R U C T I O N**
- In a seated position
- Glide skate forward and backward
- Keeping wheels flat on the floor at all times

**F R E Q U E N C Y**
- 3 sets x 40 reps
- Smooth movement gradually increasing speed
- 3 sessions per day

**E X T E N S I O N  S K A T E**

**I N S T R U C T I O N**
- In a seated position place MAXM strap into front hook & glide skate forward
- Engage quadriceps to further straighten knee
- Pull back on the MAXM strap to maximise stretch
- Hold for 2 seconds then release tension
- Return to start position & repeat

**F R E Q U E N C Y**
- 3 sets x 15 reps with 2 secs hold
- 3 sessions per day

**F L E X I O N  S K A T E**

**I N S T R U C T I O N**
- In a seated position place MAXM strap into back hook
- Glide skate forward then backwards
- Pull up on MAXM strap to maximise flexion (knee bend)
- Hold for 2 seconds
- Return to start position & repeat

**F R E Q U E N C Y**
- 3 sets x 15 reps with 2 secs hold
- 3 sessions per day

---

**A C T I V E**

**S T A G E  2**

**W E E K S  2 - 6**

**A C T I V E  S T A G E  2**

**W E E K S  2 - 6**

**R O A D  T O  B A L L E T**

**R O A D  T O  B A L L E T**

**R O A D  T O  B A L L E T**

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**STRENGTH STAGE 2 - WEEKS 2-6**

**QUADRICEPS AND SINGLE LEG BALANCE**

**INSTRUCTION**
- Place MAXM strap in back hook & bend knee to 90 degrees.
- Provide resistance by pulling on MAXM strap and engage quadriceps.
- Slowly straighten knee smoothly against resistance as far as possible whilst skate remains flat on floor.
- Hold for 2 seconds & maintain tension.
- Slowly pull heel to return to start position.

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**INSTRUCTION**
- Place MAXM strap in front hook.
- Pull on MAXM strap & engage hamstrings.
- Claw pull heel smoothly against resistance until knee is maximally bent & hold for 2 seconds.
- Maintain tension while slowly allowing skate to return to start position.

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**INSTRUCTION**
- Pull back toes.
- Squeeze inner quad/thigh.
- Lift heel slowly, pressing back of thigh into towel.
- Hold knee straight 2 seconds.
- Lower heel.
- Relax & repeat.

**FREQUENCY**
- 3 sets x 15 reps
- 3 sessions per day

**INSTRUCTION**
- Stand facing a chair with light finger pressure on chair for support.
- Balance on operated leg keeping equal pressure through heel and ball of big toe.
- Keep pelvis level and knee over foot.
- Hold for 10-30 seconds.

**FREQUENCY**
- 3 sets x 10-30 second hold
- 3 sessions per day

**INSTRUCTION**
- Stand facing a chair with light finger pressure on chair for support.
- Balance on operated leg keeping equal pressure through heel and ball of big toe.
- Stand on operated leg balancing.
- Keep hands on operated leg to balance.
- Hold for 10-30 seconds.

**FREQUENCY**
- 3 sets x 5 reps
- 3 sessions per day

**INSTRUCTION**
- Place MAXM strap in front hook,
- With no resistance straighten knee.
- Claw pull heel smoothly against resistance until knee is maximally bent & hold for 2 seconds.
- Maintain tension while slowly allowing skate to return to start position.

**FREQUENCY**
- 3 sets x 15 reps
- 3 sessions per day

**INSTRUCTION**
- Stand facing a chair with light finger pressure on chair for support.
- Balance on operated leg keeping equal pressure through heel and ball of big toe.
- Stand on operated leg balancing.
- Keep hands on operated leg to balance.
- Hold for 10-30 seconds.

**FREQUENCY**
- 3 sets x 5 reps
- 3 sessions per day

**INSTRUCTION**
- Place MAXM strap in back hook & bend knee to 90 degrees.
- Provide resistance by pulling on MAXM strap and engage quadriceps.
- Slowly straighten knee smoothly against resistance as far as possible whilst skate remains flat on floor.
- Hold for 2 seconds & maintain tension.
- Slowly pull heel to return to start position.

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*Only progress to this exercise if you can balance on a single leg for 15 seconds.*
**STRENGTH STAGE 2 - WEEKS 2-6**

**CALF HIP AND HAMSTRING**

**INSTRUCTION**
- **SUPPORTED STANDING HEEL RAISE**
  - Stand with feet level using a chair for support.
  - Slowly step forward 40 cms on operated leg.
  - Bend knee slowly 20 degrees & hold for 1 second.
  - Push back to start position & repeat whole set.
  - Perform exercise on non-operated leg.

**FREQUENCY**
- 3 sets x 5 reps (each leg)
- 3 sessions per day

**INSTRUCTION**
- **STANDING SUPPORTED HAMSTRING CURL**
  - Face chair.
  - Stand on both legs, with feet shoulder width apart touching support lightly with fingers.
  - Rise onto toes slowly, keeping pressure on ball of big toe.
  - Hold for 1 sec, lower slowly to the floor & repeat.

**FREQUENCY**
- 3 sets x 5 reps (each leg)
- 3 sessions per day

**INSTRUCTION**
- **HIP ABDUCTION (SIDE LYING)**
  - Lay on side with hips perpendicular to the floor.
  - Bend hips and knees slightly & rotate upper knee upwards turning hip out without moving pelvis.
  - Lift leg 20 cms & hold for 2 seconds.
  - Lower slowly, relax & repeat on opposite leg.

**FREQUENCY**
- 3 sets x 5 reps (each leg)
- 3 sessions per day

**INSTRUCTION**
- **STANDING SUPPORTED LUNGES**
  - Stand with feet level using a chair for support.
  - Slowly step to the right side 10 cm over an imaginary object & return back to start position.
  - Slowly step to left side 10 cm over an imaginary object & repeat other direction.
  - Return back to start position & repeat.

**FREQUENCY**
- 3 sets x 15 reps (5 each direction)
- 3 sessions per day

**FUNCTIONAL STAGE 2 - WEEKS 2-6**

**FUNCTIONAL INTEGRATION**

**INSTRUCTION**
- **HIP ABDUCTION (SIDE LYING)**
  - Face chair.
  - Stand on both legs, with feet shoulder width apart touching support lightly with fingers.
  - Rise onto toes slowly, keeping pressure on ball of big toe.
  - Hold for 1 sec, lower slowly to the floor & repeat.

**FREQUENCY**
- 3 sets x 5 reps (each leg)
- 3 sessions per day

**INSTRUCTION**
- **STANDING SUPPORTED HAMSTRING CURL**
  - Face chair.
  - Stand on both legs, with feet shoulder width apart touching support lightly with fingers.
  - Rise onto toes slowly, keeping pressure on ball of big toe.
  - Hold for 1 sec, lower slowly to the floor & repeat.

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**INSTRUCTION**
- **SUPPORTED LUNGES**
  - Stand with feet level using a chair for support.
  - Slowly drop forward 40 cms on operated leg.
  - Bend knee slowly 20 degrees & hold for 1 second.
  - Push back to start position & repeat whole set.
  - Perform exercise on non-operated leg.

**FREQUENCY**
- 3 sets x 5 reps (each leg)
- 3 sessions per day

**INSTRUCTION**
- **SUPPORTED SIDE STEP DRILL**
  - Lay on side with hips perpendicular to the floor.
  - Bend hips and knees slightly & rotate upper knee upwards turning hip out without moving pelvis.
  - Lift leg 20 cms & hold for 2 seconds.
  - Lower slowly, relax & repeat on opposite leg.

**FREQUENCY**
- 3 sets x 15 reps (5 each direction)
- 3 sessions per day

---

**WALKING TARGET VOLUME GOALS**

**STEPS PER DAY**

- **END WEEK 1** 2,500 STEPS PER DAY
- **END WEEK 4** 3,000 STEPS PER DAY
- **END WEEK 5** 3,500 STEPS PER DAY
- **END WEEK 6** 4,000 STEPS PER DAY

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**END WEEK 3 2,500 STEPS PER DAY**

**END WEEK 4 3,000 STEPS PER DAY**

**END WEEK 5 3,500 STEPS PER DAY**

**END WEEK 6 4,000 STEPS PER DAY**

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### Extension Stage 3 - Weeks 7-12

**Range of Motion and Warm Up**

#### Movement Stage 3 - Weeks 7-12

**Instruction**
- In a seated position
- Glide skate forward and backward
- Keeping wheels flat on the floor at all times

**Frequency**
- 3 sets x 40 reps
- Smooth movement, varying speed and range
- 3 sessions per day

---

**Extension Skate**

**Instruction**
- In a seated position place MAXM strap into front hook & glide skate forward
- Engage quadriceps to further straighten knee
- Pull back on the MAXM strap to maximise stretch
- Hold for 2 seconds then release tension
- Return to start position & repeat

**Frequency**
- 3 sets x 20 reps with 2 secs hold
- 3 sessions per day

---

**Flexion Skate**

**Instruction**
- In a seated position place MAXM strap into back hook & glide skate forward
- Engage quadriceps to further straighten knee
- Pull back on the MAXM strap to maximise stretch
- Hold for 2 seconds then release tension
- Return to start position & repeat

**Frequency**
- 3 sets x 20 reps with 2 secs hold
- 3 sessions per day
STRENGTH STAGE 3 - WEEKS 7-12
QUADRICEPS AND SINGLE LEG BALANCE

**IRQ LONG SITTING**
- 3 sets x 15 reps
- 3 sessions per day

**FREQUENCY**
- Stand with feet hip width apart, hands on hips
- Maintain even weight through both heels and bend knees to lower pelvis 30 cms
- Hold for 2 seconds
- Return to start & repeat

**INSTRUCTION**
- 3 sets x 10 reps
- 3 sessions per day

**DOUBLE LEG SQUAT**
- Pull back toes
- Squeeze inner quad/thigh
- Lift heel slowly, pressing back of thigh into towel
- Hold knee straight 2 seconds
- Lower heel
- Relax & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**SINGLE LEG BALANCE**
- Place MAXM strap in back hook & bend knee to 90 degrees
- Provide resistance by pulling on MAXM strap & engage quadricep
- Slowly straightening knee smoothly against resistance until knee is maximally bent & hold for 2 seconds
- Maintain resistance while slowly allowing knee to return to start position

**FREQUENCY**
- 3 sets balancing for 10-30 secs (each leg)
- 3 sets x 10 reps
- 3 sessions per day

**SINGLE LEG KNEE BEND**
- Place MAXM strap in front hook, With no resistance straighten knee
- Pull on MAXM strap & engage hamstrings
- Claw/pull heel smoothly against resistance until knee is maximally bent & hold for 2 seconds
- Hold knee straight 2 seconds
- Lower heel
- Relax & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**STRENGTH STAGE 3 - WEEKS 7-12**
QUADRICEPS AND SINGLE LEG BALANCE

**RESISTED EXTENSION SKATE**
- Place MAXM strap in back hook & bend knee to 90 degrees
- Provide resistance by pulling on MAXM strap & engage quadricep
- Slowly straightening knee smoothly against resistance until knee is maximally bent & hold for 2 seconds
- Maintain resistance while slowly allowing knee to return to start position

**FREQUENCY**
- 3 sets x 20 reps
- 3 sessions per day

**RESISTED FLEXION SKATE**
- Place MAXM strap in front hook, With no resistance straighten knee
- Pull on MAXM strap & engage hamstrings
- Claw/pull heel smoothly against resistance until knee is maximally bent & hold for 2 seconds
- Hold knee straight 2 seconds
- Lower heel
- Relax & repeat

**FREQUENCY**
- 3 sets x 20 reps
- 3 sessions per day

**DOUBLE LEG SQUAT**
- Stand with feet hip width apart, hands on hips
- Maintain even weight through both heels and bend knees to lower pelvis 30 cms
- Hold for 2 seconds
- Return to start & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**SINGLE LEG BALANCE**
- Stand on operated leg
- Keep waist/belt line horizontal to the ground & hold for 1 second
- ¼ squat & hold for 1 second
- Return to start position & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

**SINGLE LEG KNEE BEND**
- Stand on operated leg
- Keep waist/belt line horizontal to the ground & hold for 1 second
- ¼ squat & hold for 1 second
- Return to start position & repeat

**FREQUENCY**
- 3 sets x 10 reps
- 3 sessions per day

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Only progress to this exercise if you can balance on a single leg for 30 seconds.
### STAND WITH FEET LEVEL
- Slowly step forward on operated leg 50 cms
- Keep waist/belt line horizontal to the ground
- Bend knee slowly to 30 degrees & hold for 1 second
- Push back to start position. Repeat exercise on non-operated leg

### STAND WITH FEET SPREAD
- Slowly step to the right side 30 cm over an imaginary object & return back to start position
- Slowly step to left side 30 cm over an imaginary object & repeat other direction
- Return back to start position & repeat

### HIP ABDUCTION (SIDE LYING)
- Lay on side with hips perpendicular to the floor
- Bend hips and knees slightly & rotate upper knee upwards turning hip out without moving pelvis
- Lift leg 20 cms & hold for 2 seconds
- Lower slowly, relax & repeat on opposite leg

### INSTRUCTION
- 3 sets x 10 reps (each leg)
- 3 sessions per day

### FREQUENCY
- 3 sets x 10 reps (each leg)
- 3 sessions per day

### NB: Hamstrings should fatigue

### STANDING HEEL RAISE
- Stand with feet shoulder-width apart
- Rise slowly onto toes lifting heel as high as possible and hold for 1 second
- Lower slowly to the floor & repeat

### FREQUENCY
- 3 sets x 20 reps
- 3 sessions per day

### HIP ABDUCTION (SIDE LYING)
- Lay on side with hips perpendicular to the floor
- Bend hips and knees slightly & rotate upper knee upwards turning hip out without moving pelvis
- Lift leg 20 cms & hold for 2 seconds
- Lower slowly, relax & repeat on opposite leg

### INSTRUCTION
- 3 sets x 20 reps
- 3 sessions per day

### FREQUENCY
- 3 sets x 20 reps
- 3 sessions per day

### HIP ABDUCTION (STANDING)
- Lay on side with hips perpendicular to the floor
- Bend hips and knees slightly & rotate upper knee upwards turning hip out without moving pelvis
- Lift leg 20 cms & hold for 2 seconds
- Lower slowly, relax & repeat on opposite leg

### INSTRUCTION
- 3 sets x 20 reps
- 3 sessions per day

### FREQUENCY
- 3 sets x 20 reps
- 3 sessions per day

### NB: Hamstrings should fatigue

### LUNGES
- Stand with feet level
- Slowly step forward on operated leg 50 cms
- Keep waist/belt line horizontal to the ground
- Bend knee slowly to 30 degrees & hold for 1 second
- Push back to start position. Repeat exercise on non-operated leg

### INSTRUCTION
- 3 sets x 15 reps
- 3 sessions per day

### FREQUENCY
- 3 sets x 15 reps
- 3 sessions per day

### NB: Hamstrings should fatigue

### SIDE STEP DRILL
- 3 sets x 10 reps (5 each direction)
- 3 sessions per day

### FREQUENCY
- 3 sets x 10 reps (5 each direction)
- 3 sessions per day

### END WEEK 7 5,000 STEPS PER DAY

### END WEEK 8 6,000 STEPS PER DAY

### END WEEK 9 7,000 STEPS PER DAY

### END WEEK 10 8,000 STEPS PER DAY

### END WEEK 11 9,000 STEPS PER DAY

### END WEEK 12 10,000 STEPS PER DAY

### WALKING TARGET

### VOLUME GOALS

### STEPS PER DAY

### END WEEK 7 5,000 STEPS PER DAY

### END WEEK 8 6,000 STEPS PER DAY

### END WEEK 9 7,000 STEPS PER DAY

### END WEEK 10 8,000 STEPS PER DAY

### END WEEK 11 9,000 STEPS PER DAY

### END WEEK 12 10,000 STEPS PER DAY

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MOVEMENT STAGE 4 - WEEKS 12
RANGE OF MOTION AND WARM UP

FREQUENCY
- 3 sets x 40 reps
- Smooth movement, varying speed and range
- 3 sessions per day

INSTRUCTION
- In a seated position
- Glide skate forward and backward
- Keeping wheels flat on the floor at all times

MAXIMUM STAGE 4 - WEEK 12
RANGE OF MOTION AND WARM UP

FREQUENCY
- 3 sets x 20 reps with 2 secs hold
- 3 sessions per day

INSTRUCTION
- In a seated position place MAXM strap into front hook & glide skate forward
- Engage quadriceps to further straighten knee
- Pull back on the MAXM strap to maximise stretch
- Hold for 2 seconds then release tension
- Return to start position & repeat

INSTRUCTION
- In a seated position place MAXM strap into back hook
- Glide skate forward then backwards
- Pull up on MAXM strap to maximise flexion (knee bend)
- Hold for 2 seconds
- Return to start position & repeat

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**QRQ LONG SITTING DOUBLE LEG SQUAT**

- **INSTRUCTION**
  - Place MAXM strap in back hook & bend knee to 90 degrees.
  - Provide resistance by pulling on MAXM strap & engage quadriceps.
  - Slowly straightened knee smoothly against resistance as for an passive whilst skate remains flat on floor.
  - Hold for 2 seconds & maintain tension.
  - Slowly allowing knee to return to start position.

- **FREQUENCY**
  - 3 sets x 20 reps
  - 3 sessions daily

**RESISTED EXTENSION SKATE**

- **INSTRUCTION**
  - Place MAXM strap in front hook, with no resistance straighten knee.
  - Pull on MAXM strap & engage hamstring.
  - Claw/pull heel smoothly against resistance until knee is maximally bent & hold for 2 seconds.
  - Maintain resistance whilst slowly allowing skate to return to start position.

- **FREQUENCY**
  - 3 sets x 20 reps
  - 3 sessions daily

**RESISTED FLEXION SKATE**

- **INSTRUCTION**
  - Pull back toes.
  - Squeeze inner quad/thigh.
  - Lift heel slowly, pressing back of thigh into towel.
  - Hold knee straight 2 seconds.
  - Lower heel.
  - Relax & repeat.

- **FREQUENCY**
  - 3 sets x 20 reps
  - 3 sessions daily

**SINGLE LEG BEND**

- **INSTRUCTION**
  - Stand on operated leg.
  - Keep waist/belt line horizontal to the ground & hold for 1 second.
  - Square & hold for 1 second.
  - Return to start position & repeat.

- **FREQUENCY**
  - 3 sets x 15 reps
  - 3 sessions daily

**DOUBLE LEG SQUAT**

- **INSTRUCTION**
  - Stand with feet hip width apart, hands on hips.
  - Maintain even weight through both heels & bend knees to lower pelvis 30 cms.
  - Hold for 2 seconds.
  - Return to start & repeat.

- **FREQUENCY**
  - 3 sets x 15 reps
  - 3 sessions daily

**SINGLE LEG BALANCE**

- **INSTRUCTION**
  - Stand on operated leg.
  - Balance keeping pelvis level with weight evenly distributed through heel & back of big toe.
  - Hold for 30 seconds.
  - Change legs.

- **FREQUENCY**
  - 3 sets balancing for 30 secs (each leg)
  - 3 sessions daily

**STRENGTH STAGE 4 - WEEKS 12 QUADRICEPS AND SINGLE LEG BALANCE**
**STRENGTH STAGE 4 - WEEKS 12**

**CALF HIP AND HAMSTRING**

**SINGLE HEEL RAISE**

**INSTRUCTION**
- Standing on operated leg facing support
- Slowly lift heel off ground as high as possible
- Hold for 2 seconds
- Lower slowly to floor & repeat

**FREQUENCY**
- 3 sets x 10-20 reps
- 3 sessions per day

**HIP ABDUCTION (SIDE LYING)**

**INSTRUCTION**
- Lay on side with hips perpendicular to the floor
- Bend hips and knees slightly & rotate upper knee upwards/turning hip out without moving pelvis
- Lift leg 20 cms & hold for 2 seconds
- Lower slowly, relax & repeat on opposite leg

**FREQUENCY**
- 3 sets x 10 reps (each leg)
- 3 sessions per day

**LUNGES**

**INSTRUCTION**
- Stand with feet level
- Slowly step forward on operated leg 50 cms
- Keep waist/ belt line horizontal to the ground
- Bend knee slowly to 30 degrees & hold for 1 second
- Push back to start position. Repeat exercise on non-operated leg

**FREQUENCY**
- 3 sets x 10 reps (each leg)
- 3 sessions per day

---

**FUNCTIONAL STAGE 4 - WEEKS 12**

**FUNCTIONAL INTEGRATION**

**WALKING TARGET VOLUME GOALS STEPS PER DAY**

- WEEK 12 ONWARDS
- MAINTAIN GREATER THAN 10,000 STEPS PER DAY

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