

# Heel Slides

Being active before and after your joint replacement surgery will help you heal safely. Heel Slides are an exercise you can do to strengthen your joint.

Try heel slides now.

Step 1. Lie on your back on a bed or the floor with both legs extended.

Step 2. Bend one knee and slide your heel up toward your butt.

Step 3. Slide your heel back and relax. Keep your kneecap pointed toward the ceiling.

Let's try that again. Lie on your back with both legs extended. Bend your knee and slide your heel toward your butt. Slide your heel back down and relax. Repeat 10 times for one set. Do two sets a day.

To get the most out of this exercise, follow your physical therapist's instructions and do them on a regular basis.