## Appendix C Exercise Diary

**Instructions for study participant:** Please complete 3 sets of 10 repetitions for each exercise and write the date you completed the exercise. Exercises must be done every other day:

	Week 1 (post op week 5)				Week 2 (post op week 6)			
	Date	Date	Date	Date	Date	Date	Date	Date
Standing open-chain active hip abduction and flexion								
Knee extension sitting								
	Week 3 (post op week 7)				Week 4 (post op week 8)			
	Date	Date	Date	Date	Date	Date	Date	Date
Step up/step down								
Side Stepping (with resistance band)								