

Maintenance Program

Walk 30 Minutes To:

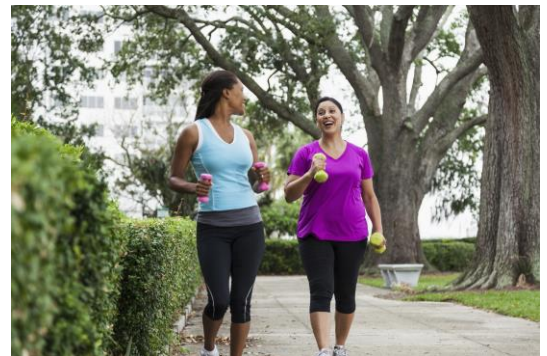
1. Stay Independent
2. Decrease Pain + Speedy Recovery
3. Get Fit
4. Increase Strength
5. Avoid Alzheimer's
6. Join the Revolution

AND get seven hours of sleep every night!

Visit the below weblink to rewatch your visit!

<https://www.michaelswankmd.com/current-patients-hip-knee-orthopaedic-surgeon-cincinnati-ohio.html>

Join our Facebook Page: Dr. Swank Replacements



Exercises (Two Times a Day)

Make it the first thing you do in the morning before getting out of bed, and last thing before going to bed.

Knee-to-Chest Stretch (30 seconds each leg)



Internal Rotator Stretch (30 seconds each leg, perform when putting socks and shoes on)



Child's Pose Stretch (30-60 seconds)

