Lower Limb Strengthening Exercises

**Straight Leg Raise:**
Whilst lying on your back, lift one leg 20-30cm off the floor whilst keeping your leg straight. Hold for ______ secs, then slowly lower. Make sure your toes and knee is pointing straight up to the ceiling.

Repeat _________ times on left / right leg.

**Hip Extension in Prone:**
Whilst lying on your tummy with legs straight, lift one leg 20-30cm off floor. Hold for ______ secs, then slowly lower.

Repeat _________ times on left / right leg.

**Hip Abduction in Side Lying:**
Whilst lying on your side, you can keep bottom leg slightly bent for balance. Lift the top leg up 20-30cm, making sure your knee is straight and your knee and toes are pointing forwards. Hold for _____secs, then slowly lower.

Repeat _________ times on left / right leg.

**Inner Range Quads:**
Lying on your back with a rolled up towel / cushion under knee. Push the knee into the towel and straighten knee whilst lifting heel off bed. Hold for _____ secs, slowly lower

Repeat _________ times on left / right leg.

**Knee Extension in Sitting:**
Sitting back in chair. Slowly raise one leg up until it is straight. Hold for _____ secs, then slowly lower.

Repeat _________ times on left / right leg.
Heel Raises:
Slowly rise up onto your tiptoes, hold for _____ secs then slowly lower.
You can hold on to support if needed.
Repeat ______ times.

Step Ups:
Step up one foot at a time onto a step, then step off.
Repeat ________ times.

Bridging:
Lying flat on your back with you knees bent off. Lift your bottom off the bed so your legs and trunk are in a straight line. Hold for _______ secs.
Repeat _______ times.

Squats:
In standing, slowly bend your knees to squat down. Make sure your toes and knees are pointing forwards. Hold for ______ secs.
Repeat _____ times.

Sit to Stand:
Practice going from sitting to standing at low bench or step without using your arms.
Repeat _______ times.

Clams:
Whilst in side lying with hips and knees bent, slowly lift the top knee upwards whilst keeping ankles together, then slowly lower back down.
Repeat _______ times on left / right leg.