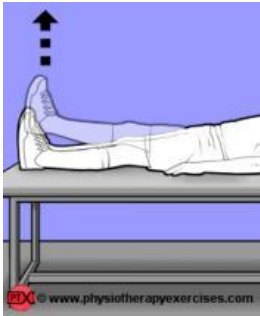




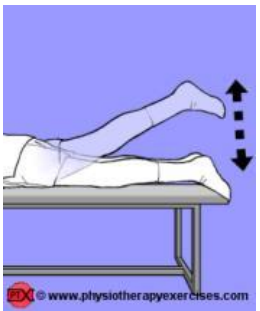
Lower Limb Strengthening Exercises



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.

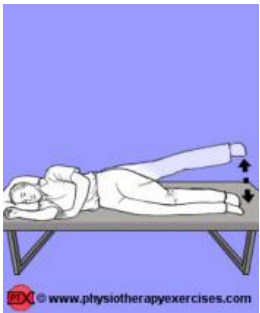
Repeat _____ times on left / right leg.



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.

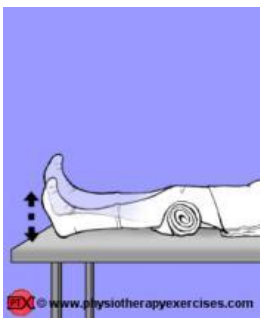
Repeat _____ times on left / right leg.



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

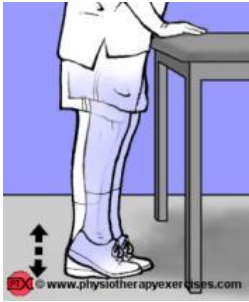
Repeat _____ times on left / right leg.



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.

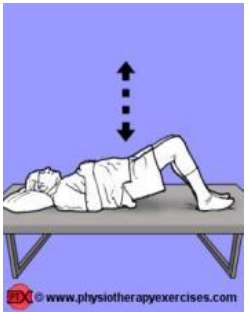
Repeat _____ times.



Step Ups:

Step up one foot at a time onto a step, then step off.

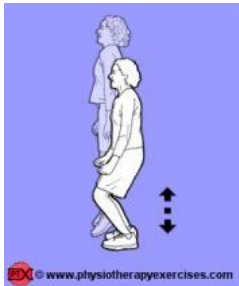
Repeat _____ times.



Bridging:

Lying flat on your back with your knees bent. 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.