

Lower Body: General Lower Extremity Exercises

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The following exercises have been prescribed by your physical therapist. They are intended to improve joint flexibility and muscle strength.

Your therapist will modify this program if you have any movement restrictions and provide information on the best way to perform these activities based on your health condition.

Ankle Pumps



1. Lie on back with a towel roll under ankles.
2. Point toes up toward the ceiling and then downward.
3. Hold each position for 5 seconds.
4. Repeat ____ times.

Quad Sets



1. Lie on back with a towel roll under knees.

2. Press the back of your knees into the towel.
3. Hold for 5 seconds.
4. Repeat ____ times.

Hip Abduction



1. Lie on back with legs together.
2. Move one leg out to the side. (Keep leg straight and toes pointed to the ceiling.)
3. Hold for 5 seconds.
4. Bring leg back to the center.
5. Repeat ____ times.
6. Continue with other leg.

Heel Slides



1. Lie on back with legs straight.
2. Slide one heel up toward your body.
3. Hold for 5 seconds.

4. Straighten leg.
5. Repeat ____ times.
6. Change legs and repeat.

Glut Sets



1. Lie on back with legs straight.
2. Squeeze buttocks together.
3. Hold for 5 seconds.
4. Repeat ____ times.

Short Arc Quads



1. Lie on back.
2. Place a bolster or rolled up blanket under knees.
3. Straighten one leg at the knee.
4. Hold for 5 seconds.
5. Return to the starting position.
6. Repeat ____ times.
7. Continue with the other leg.

Hamstring sets



OR



1. Lie on back with knees slightly bent. (You may need to put a bolster or towel roll under your knees for support.)
2. Pull heels into the mat and tighten the back of your thigh. (Legs should not move.)
3. Hold for 5 seconds.
4. Relax.
5. Repeat ____ times.

Bridging



1. Lie on back with knees bent.
2. Lift buttocks off the mat.
3. Hold for 5 seconds.
4. Slowly lower buttocks.
5. Repeat ____ times.

Single Leg Bridging



1. Lie on back with one knee bent.
2. Lift buttocks off the mat.
3. Hold for 5 seconds.
4. Slowly lower your buttocks.
5. Repeat ____ times.
6. Continue with other leg.

Straight Leg Raise



1. Lie on back with one knee bent.
2. Raise straight leg even with bent knee.
3. Hold for 5 seconds.
4. Slowly lower straight leg.

5. Repeat ____ times.
6. Change legs and repeat ____ times.

Side Leg Lifts



1. Lie on side with bottom leg bent.
2. Keep top leg straight.
3. Raise top leg.
4. Hold for 5 seconds.
5. Slowly lower leg.
6. Repeat ____ times.
7. Change legs and repeat ____ times.

Prone Knee Bends



1. Lie on stomach with legs straight.
2. Bend one knee.

3. Hold for 5 seconds.
4. Slowly lower leg.
5. Repeat ____ times.
6. Change legs and repeat ____ times.

Sitting Knee Extension



1. Sit in a chair or on the edge of the bed with knees bent and feet underneath you.
2. Straighten one leg as much as you can.
3. Hold for 5 seconds.
4. Slowly lower leg.
5. Repeat ____ times.
6. Change legs and repeat ____ times.

Sitting Knee Flexion



1. Sit with feet on a bolster. (At home you can use a coffee can or rolling pin.)
2. Slowly roll the bolster back toward you as far as you can.
3. Hold for 5 seconds.
4. Slowly roll the bolster away from you, straightening your legs.
5. Repeat ____ times.

Standing Knee Flexion

Do



Don't



1. Stand at a supportive surface.
2. Bend one knee, bringing foot to buttocks.
3. Do not let knee come forward in front of your body.
4. Hold for 5 seconds.
5. Slowly lower foot.
6. Repeat ____ times.
7. Change legs and repeat ____ times.

Mini-Squats

Do

Don't



1. Stand at a supportive surface.
2. Bend both knees slightly, as if sitting back in a chair.
3. Do not let knees come forward over your toes.
4. Keep heels down.
5. Hold for 5 seconds and return to standing.
6. Repeat ____ times.

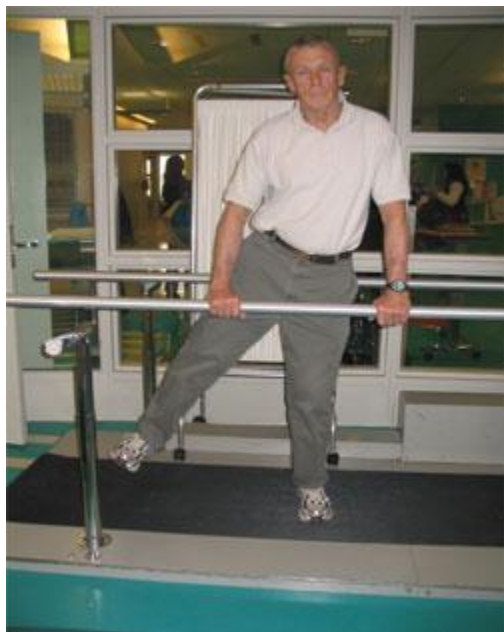
Hip Extension



1. Stand at a supportive surface.
2. Keep leg straight and lift up behind you.
3. Hold for 5 seconds and return to standing position.
4. Repeat ____ times.

5. Change legs and repeat ____ times.

Hip Abduction



1. Stand at a supportive surface.
2. Keep one leg straight and lift out to side.
3. Hold for 5 seconds.
4. Slowly bring leg down.
5. Repeat ____ times.
6. Change legs and repeat ____ times.

Marching



1. Stand at a supportive surface.
2. March in place holding each leg up for 5 seconds.
3. Repeat ____ times.

Toe Raises



1. Stand at a supportive surface.
2. Rise up on toes.
3. Hold for 5 seconds.

4. Slowly lower yourself back down.
5. Repeat ____ times.

Step Ups



1. Stand at a supportive surface.
2. Place one foot on a small step.
3. Slowly step up, keeping lower foot off the step.
4. Hold for 5 seconds.
5. Return to the starting position.
6. Repeat ____ times.
7. Change legs and repeat ____ times.

Step Downs



1. Stand at a supportive surface.
2. Place both feet on a small step.
3. Slowly lower one heel toward the floor in front of the step.
4. Hold for 5 seconds.
5. Return foot to the step.
6. Repeat ____ times.
7. Change legs and repeat ____ times.

Lateral Steps



1. Stand at a supportive surface.
2. Place one foot on a small step.
3. Place the other foot on the floor next to the step.
4. Lift leg off the floor.
5. Slowly lower leg toward the floor.
6. Hold foot just off the floor for 5 seconds.
7. Lift leg again.
8. Repeat ____ times.
9. Change legs and continue ____ times.

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