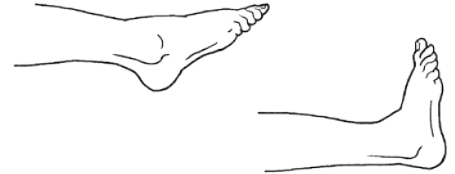


Lower Extremity Strengthening – Home Exercise Program

1. Ankle Pumps

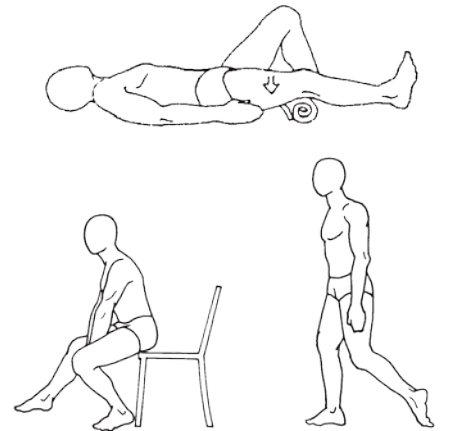
While lying on your back, elevate your foot on pillows so it is above the level of your heart. Slowly pump your ankle up and down as far as you can comfortably do so.



Perform _____ sets _____ repetitions _____ times/day.

2. Quad Sets

Lying on your back, place a small towel roll under your knee. Bend ankle, toes toward your head. Tighten the thigh by pressing down on the towel. To help recruit VMO (innermost quadricep muscle), place hand pressure on inner thigh and tighten buttocks. Hold 5 seconds.



Perform _____ sets _____ repetitions _____ times/day.

Progress to performing quad sets sitting in a chair and then to a standing position with a slight bend in the knee.

3. Hamstring Sets

Lying on your back with a slight bend in the knee, tighten the muscles in the back of your thigh by pushing your heel into the floor. Hold 5 seconds and relax.



Perform _____ sets _____ repetitions _____ times/day.

4. Heel Slides

Lying on your back, slide your heel toward your buttocks as far as you can comfortably. Slowly slide your leg back to the starting position.

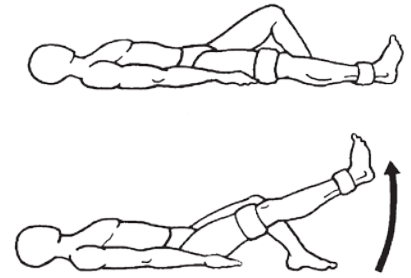


Perform _____ sets _____ repetitions _____ times/day.

5. Straight Leg-Raise Flexion

Lie face up on the floor. Bend opposite knee and put foot on the floor. Slowly tighten the thigh muscle of the involved leg, performing a quad set. Flex foot of involved leg toward head. Slowly lift entire leg 12 to 18 inches off floor. Hold 3 seconds. Slowly lower to the floor and relax the thigh muscle.

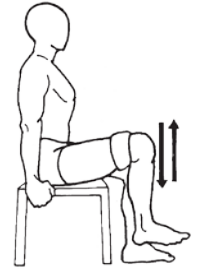
Perform _____ sets _____ repetitions _____ times/day



6. Sitting Hip Flexion

Sit in a chair with your back straight and your feet resting on the floor. Slowly raise the involved knee 4 to 6 inches. Hold 3 seconds and slowly lower leg back to starting position.

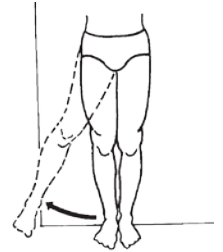
Perform _____ sets _____ repetitions _____ times/day



7. Hip Abduction (On your back)

Lying on your back with your toes pointing up and your knee straight, slide your leg out to the side. Slowly slide your leg back.

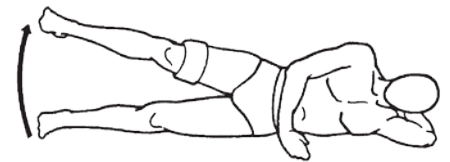
Perform _____ sets _____ repetitions _____ times/day



8. Hip Abduction (On your side)

Lie on your side with involved leg up and bottom leg bent for balance. Straighten involved knee and lift, entire leg 12 to 18 inches making sure hip does not roll forward or backwards. Hold 3 seconds and slowly lower leg back to floor.

Perform _____ sets _____ repetitions _____ times/day



9. Hip Adduction

Lie on involved side, bending opposite leg and placing foot on floor behind involved leg. Straighten involved knee and slowly raise leg 10 to 12 inches toward ceiling. Hold 3 seconds and slowly lower leg to the floor.

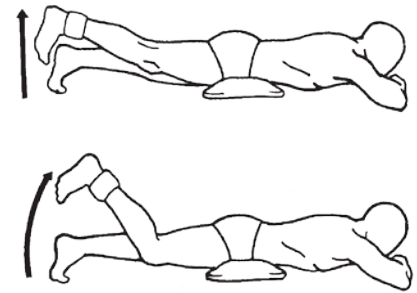
Perform _____ sets _____ repetitions _____ times/day



10. Hip Extension

Lie on your stomach with a pillow under your hips. Keeping the knee straight, tighten the muscles in the thigh and the buttocks and slowly lift the entire leg toward the ceiling 3 to 4 inches. Do not arch the back. Hold 3 seconds and slowly return leg to the floor.

Perform _____ sets _____ repetitions _____ times/day



11. Hamstring Curls

Lie on your stomach with a pillow under your stomach and thigh. Slowly bend your involved knee to a 45 to 60 degree angle. Hold 3 seconds and slowly lower the leg to the floor.

Perform _____ sets _____ repetitions _____ times/day

Progress to performing leg curls in a standing position keeping your thigh vertical with your body.



12. Short Arc Quadriceps

Lie face up on the floor with a 6 to 8 inch in diameter towel roll under the involved knee. Slowly raise heel off floor by tightening the thigh muscle. Hold 3 seconds and slowly lower to the starting position.

Perform _____ sets _____ repetitions _____ times/day

