

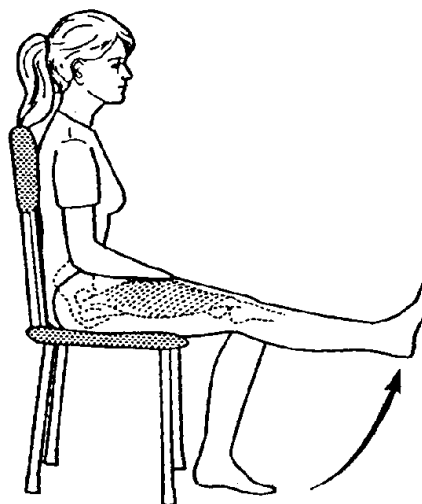
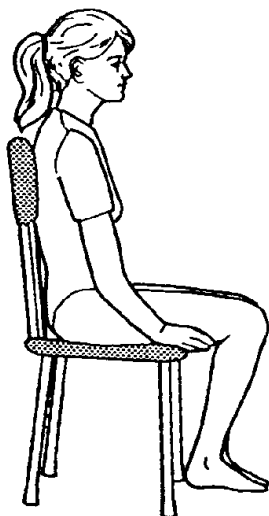
Leg Strengthening Exercises

This exercise program has been designed for you by your physical therapist. Do only the exercises marked. Do them slowly and smoothly on a firm surface. Never hold your breath while doing your exercises, as it may cause your blood pressure to rise. If you feel any pain or discomfort, tell your therapist. It is your responsibility to follow this program.

1. Straighten each knee.

Right knee: _____ times, _____ sets

Left knee: _____ times, _____ sets



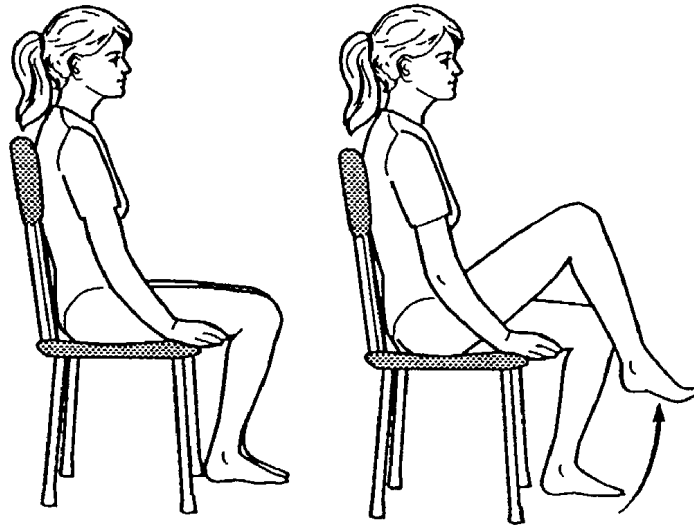
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- ❑ 2. Keep your knee bent and lift your leg up as high as possible. Lower it down slowly.

Right leg: _____ times, _____ sets

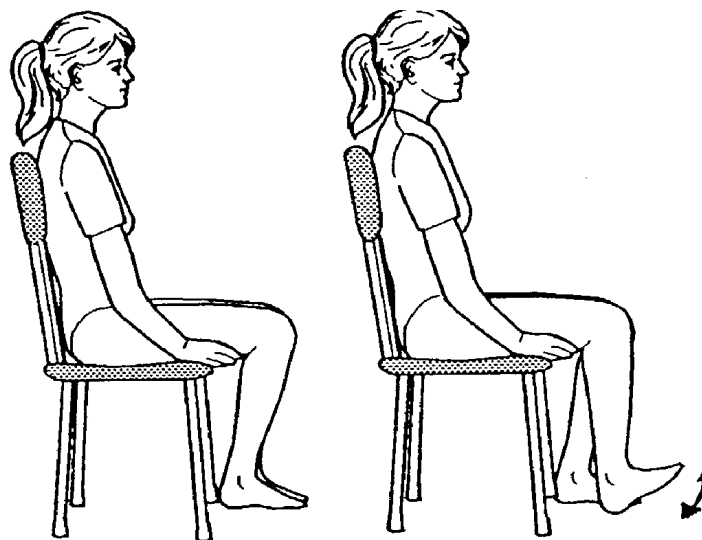
Left leg: _____ times, _____ sets



- ❑ 3. Leave your heel on the floor and tap your toes up and down.

Right foot: _____ times, _____ sets

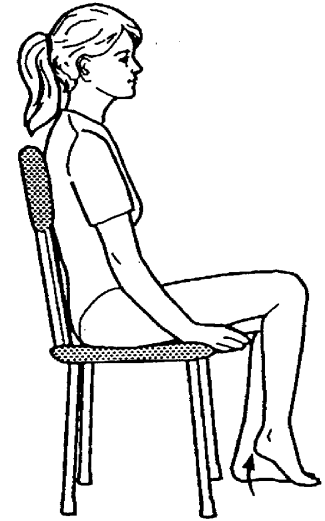
Left foot: _____ times, _____ sets



- ❑ 4. Leave your toes on the floor and lift your heel up and down.

Right heel: _____ times, _____ sets

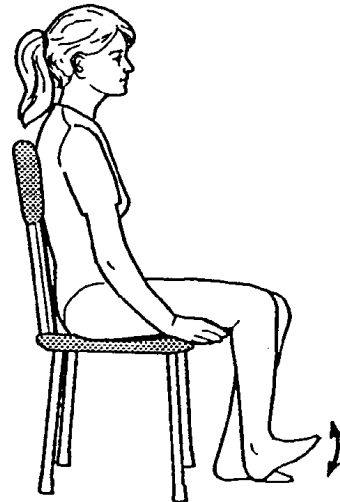
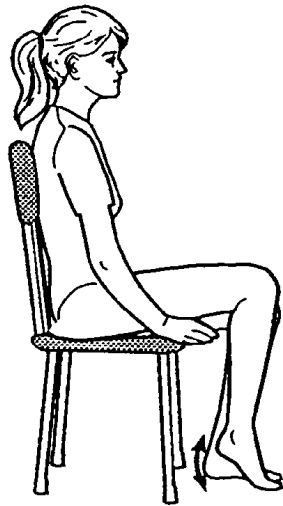
Left heel: _____ times, _____



- ❑ 5. Alternate tapping your toes and lifting your heel.

Right foot: _____ times, _____ sets

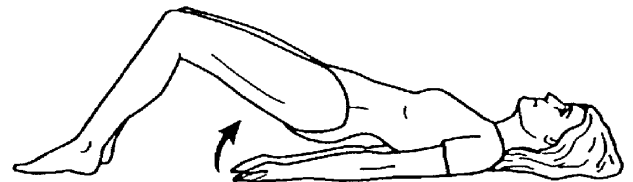
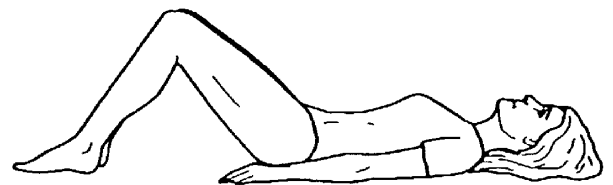
Left foot: _____ times, _____ sets



Lie on Your Back

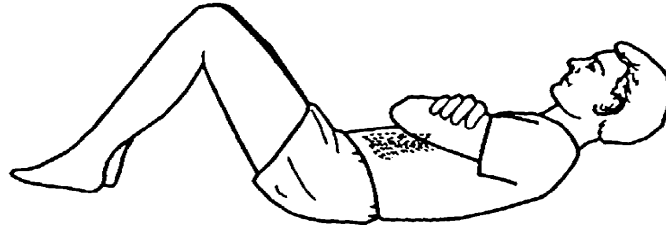
- ❑ 1. Bend both knees and keep your feet flat on the mat, bed or floor. Lift your bottom up and down.

_____ times, _____ sets



- ❑ 2. Keep your legs in the same position as #1 and put your arms across your chest. Curl up lifting your head and shoulders off the mat. Return to the starting position. Keep your back flat on the mat, bed or floor for the entire curl.

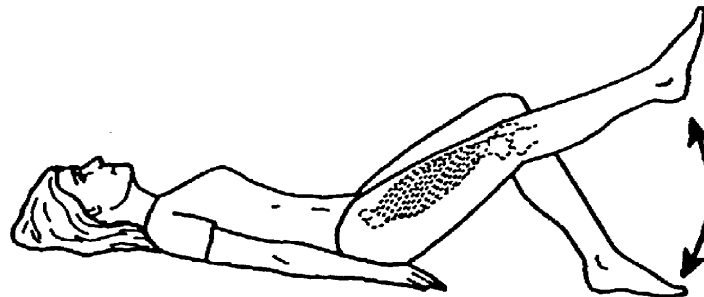
_____ times, _____ sets



- ❑ 3. Bend one leg and straighten the other leg. Lift the straight leg up and down keeping your knee straight.

Right leg: _____ times, _____ sets

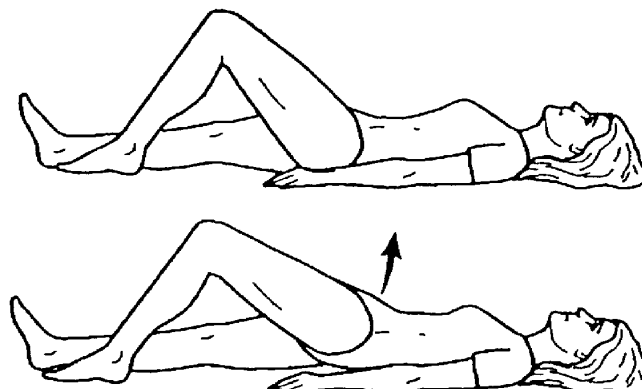
Left leg: _____ times, _____ sets



- ❑ 4. Keep one leg straight and bend your other leg so your foot is flat on the floor, mat or bed. Lift your bottom up as high as possible. Slowly lower your bottom.

Right side: _____ times, _____ sets

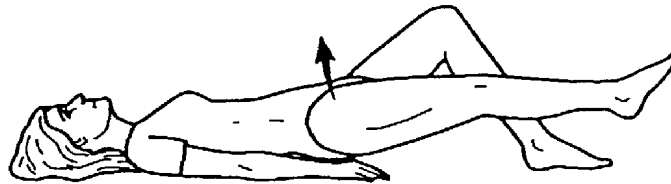
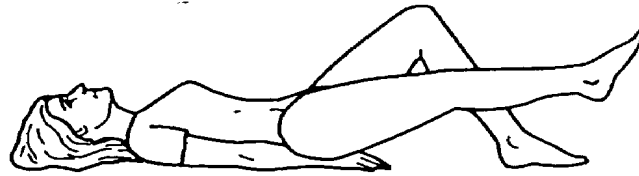
Left side: _____ times, _____ sets



- ❑ 5. Bend one leg keeping your foot flat on the mat. Keep your other leg straight about 6 inches off the floor. Lift your bottom up and down.

Right side: _____ times, _____ sets

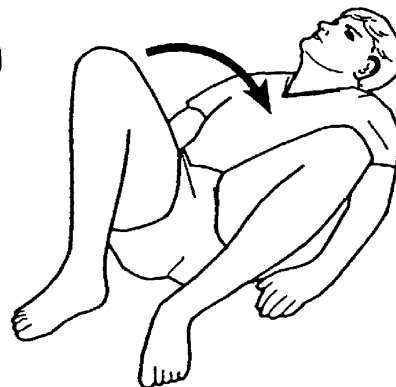
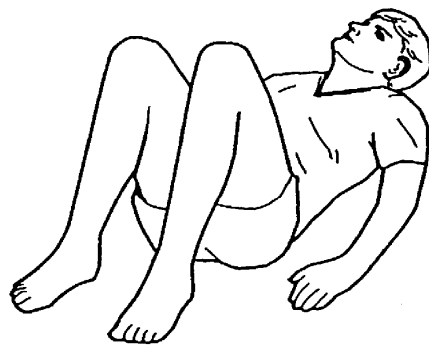
Left side: _____ times, _____ sets



- ❑ 6. Bend both knees and keep your feet flat on the mat, bed, or floor. Keep one leg in place and slowly lower your other leg out to the side. Bring your leg back to the center.

Right side: _____ times, _____ sets

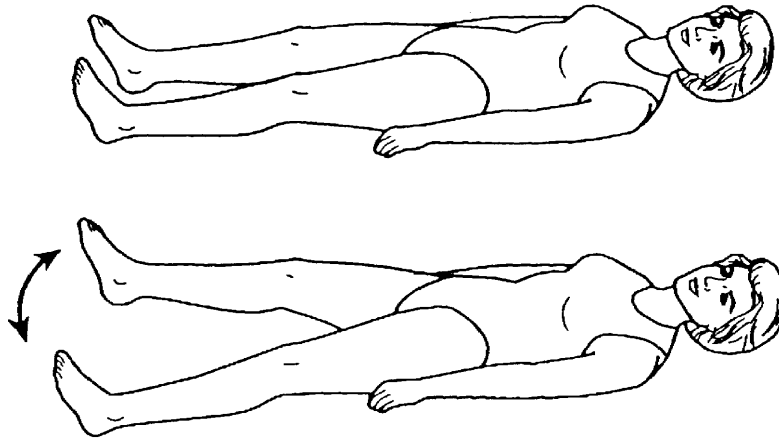
Left side: _____ times, _____ sets



7. Lie with both legs straight. Slide your leg out to the side and return it to the center. Keep your knees straight and toes pointing up during the exercise.

Right leg: _____ times, _____ sets

Left leg: _____ times, _____ sets



8. Keep your legs in the same position as #7. Do this exercise in 5 steps:

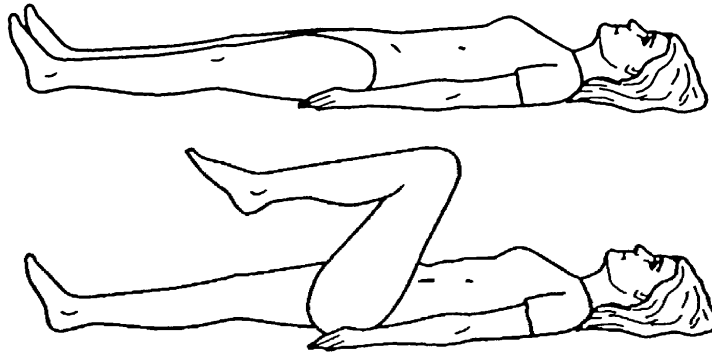
- ▶ Lift both of your legs straight up keeping your knees straight.
- ▶ Spread your legs out to a V.
- ▶ Put your feet together to make a diamond shape
- ▶ Put your knees together.
- ▶ Return your legs to the starting position.

_____ times, _____ sets

- ❑ 9. Lift your leg, bending it at your hip and knee. Bring your knee toward your chest. Return to starting position.

Right leg: _____ times, _____ sets

Left leg: _____ times, _____ sets

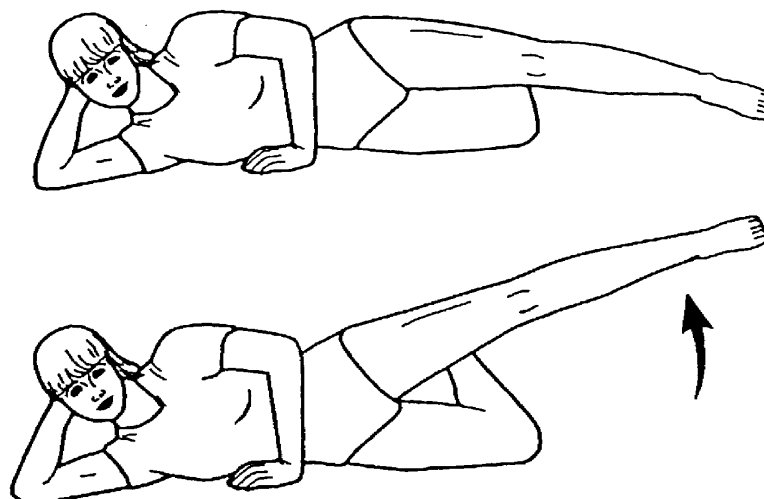


Lie on Your Side

- ❑ 1. Lie on your side. Keep your top leg straight and your bottom leg bent. Lift your top leg up toward the ceiling, keeping your knee straight. Lower your leg slowly.

Right side: _____ times, _____ sets

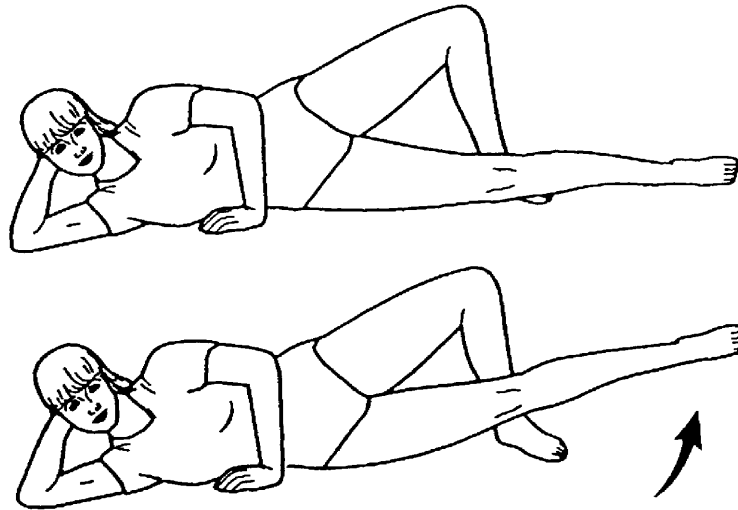
Left side: _____ times, _____ sets



- 2. Lie on your side. Keep your top knee bent with your foot on the mat. Lift your bottom leg up toward the ceiling and lower it slowly.

Right side: _____ times, _____ sets

Left side: _____ times, _____ sets

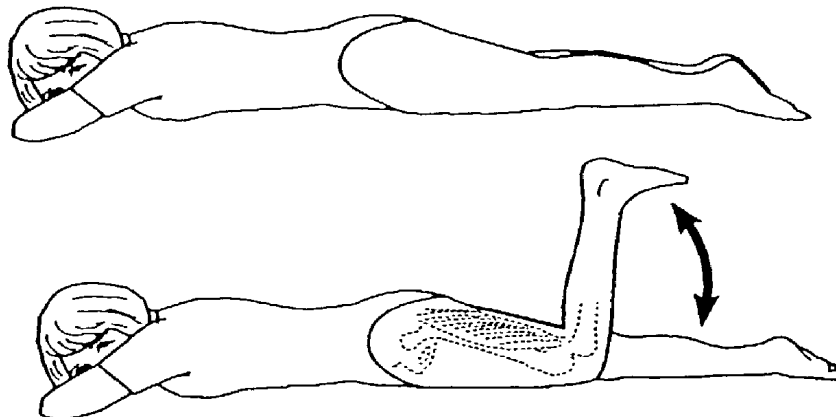


Lie on Your Stomach

- 1. Bend and straighten your knee.

Right knee: _____ times, _____ sets

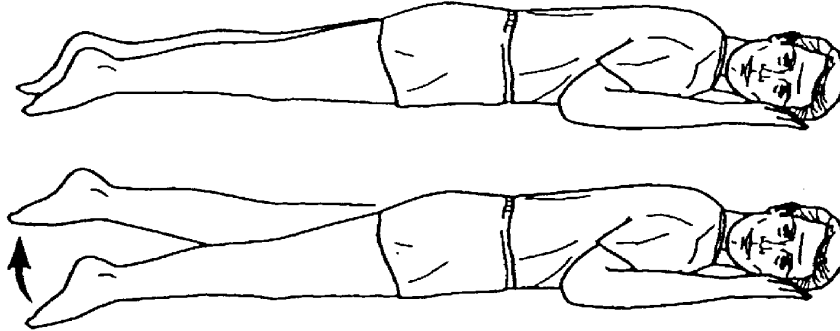
Left knee: _____ times, _____ sets



- ❑ 2. Lift one leg up toward the ceiling, keeping your knee straight. Lower your leg slowly.

Right leg: _____ times, _____ sets

Left leg: _____ times, _____ sets

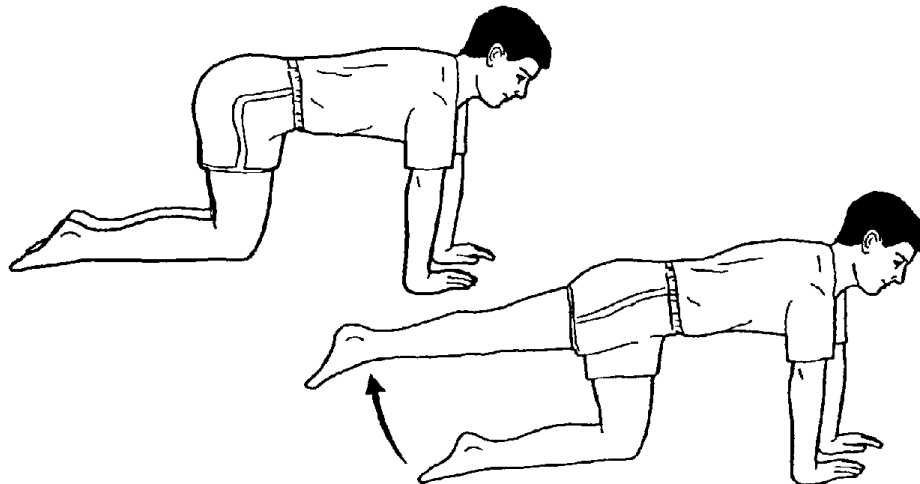


On Your Hands and Knees

- ❑ 1. Raise one leg out behind you. Return it to the starting position.

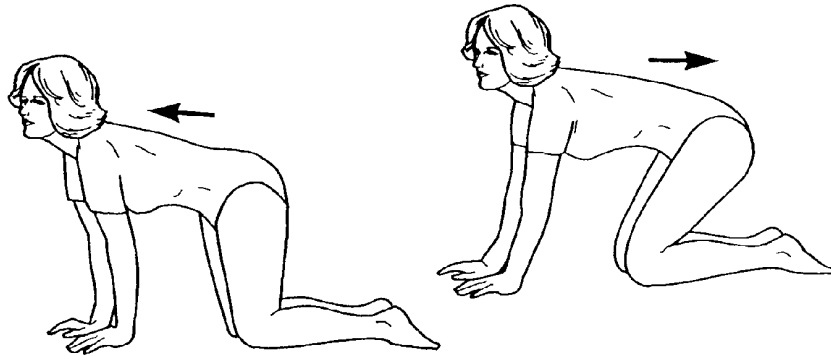
Right leg: _____ times, _____ sets

Left leg: _____ times, _____ sets



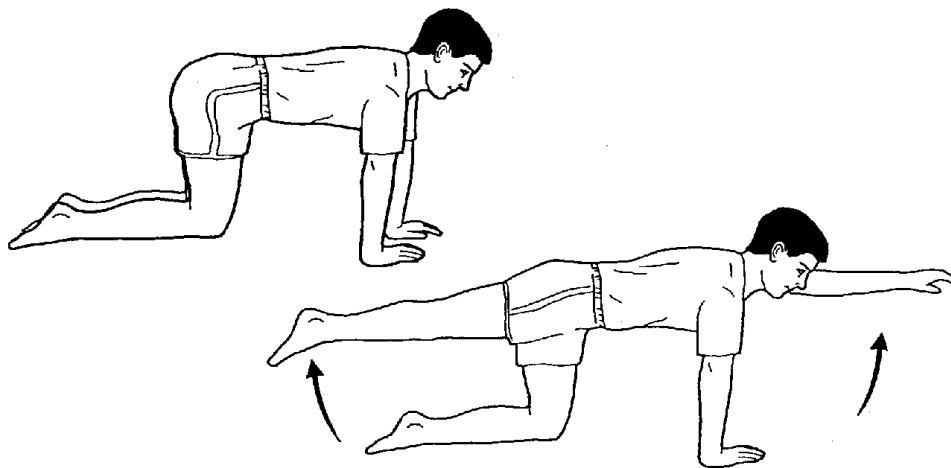
- 2. Gently rock forward and back.

_____ times, _____ sets



- 3. Raise one arm and your opposite leg slowly. Return to the starting position. Repeat this exercise with opposite leg and arm.

_____ times, _____ sets



- ✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**