

Low Vision

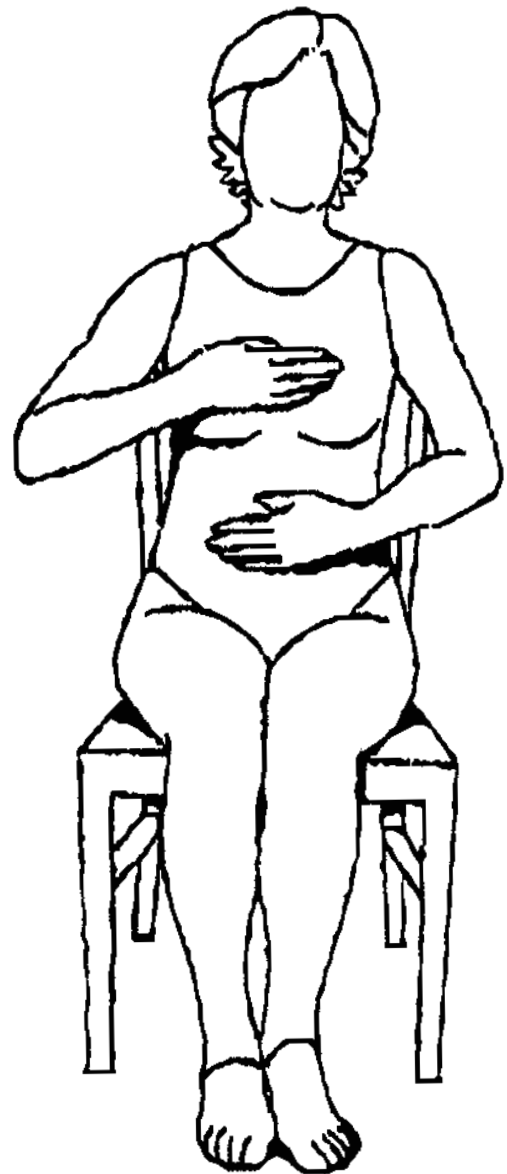
Lower Extremity Strengthening Exercises – Supine

Do _____ repetitions _____ times a day.

A. Breathing Exercises

Exercise can be done while sitting or lying down.

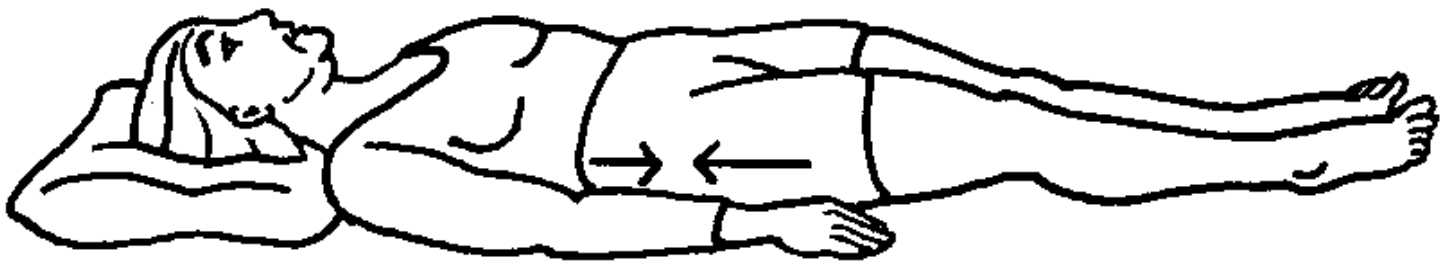
Take 2 to 3 deep breaths with your belly.



Do _____ repetitions _____ times a day.

B. Gluteal Sets

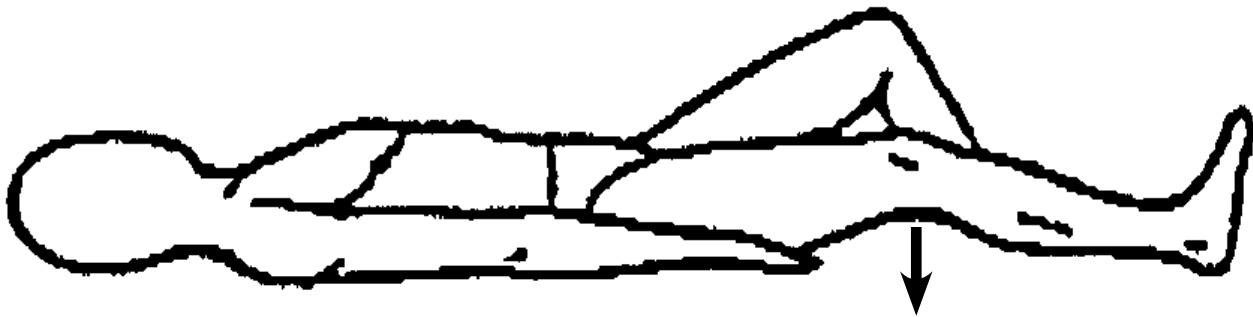
Squeeze buttocks together and hold for 5 seconds.



Do _____ repetitions _____ times a day.

C. Quad Sets

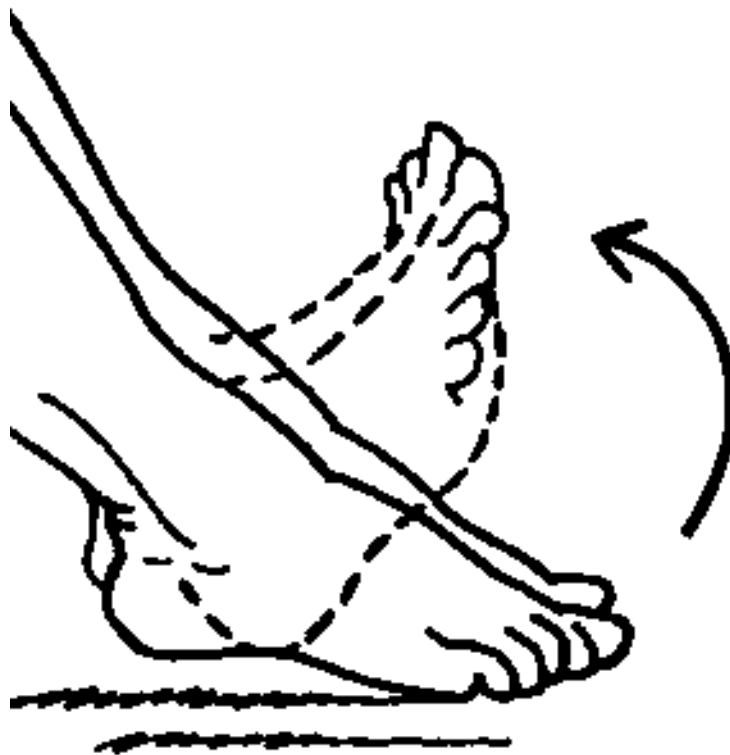
With leg straight, push knee into bed.



Do _____ repetitions _____ times a day.

D. Ankle Pumps

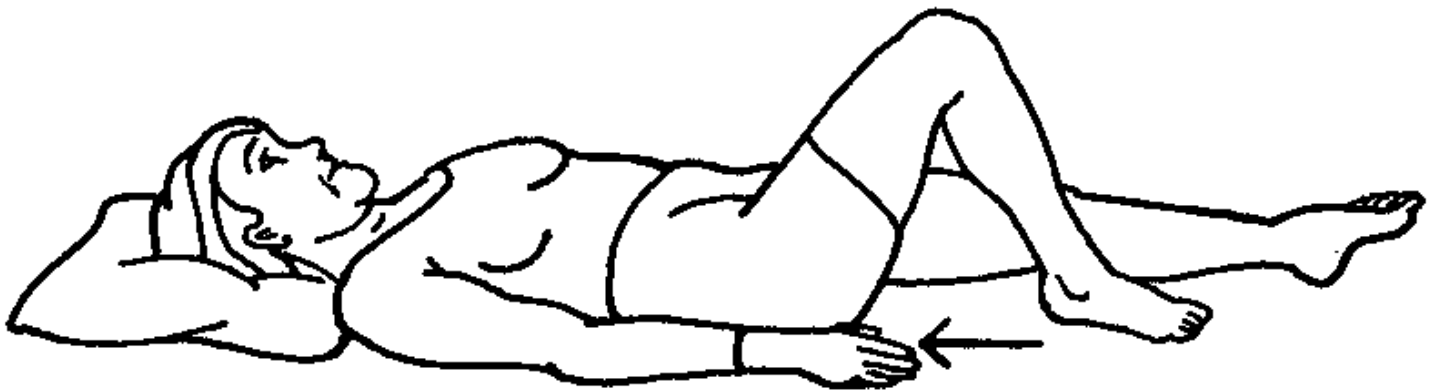
Point foot up and down.



Do _____ repetitions _____ times a day.

E. Heel Slides

Slowly slide heel up toward buttock.

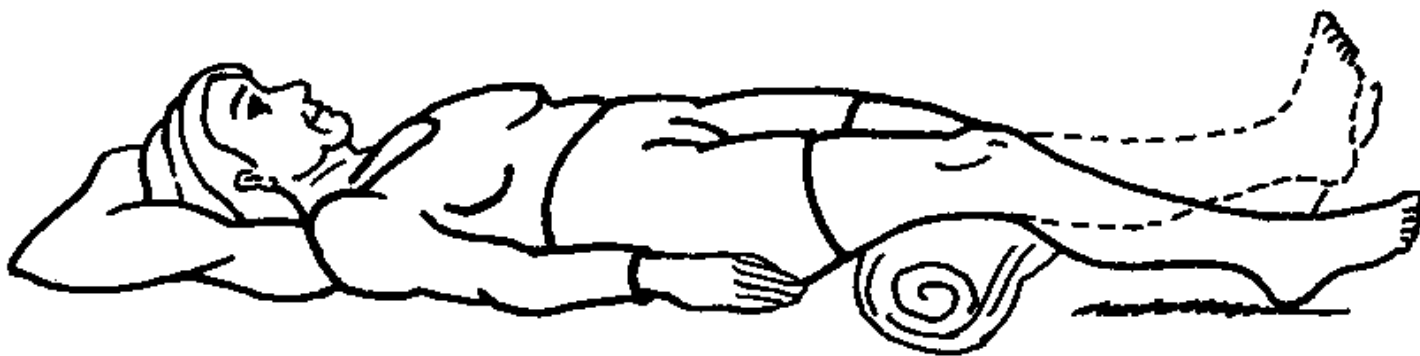


Do _____ repetitions _____ times a day.

F. Terminal Knee Extension

Place rolled towel under knee. Slowly lift foot up by straightening the knee.

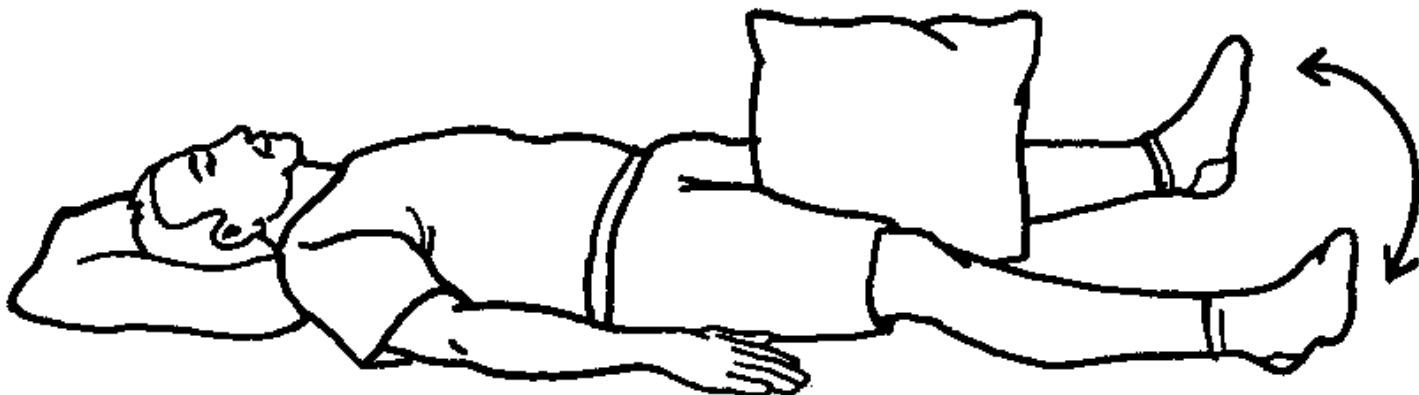
Hold for 5 seconds.



Do _____ repetitions _____ times a day.

G. Supine Hip Abduction

Keep knees straight and toes pointed up to the ceiling. Slide leg out to the side.



Do _____ repetitions _____ times a day.

H. Bent Knee Fall Out

Gently let the bent knee fall out to the side.
Return to starting position.

