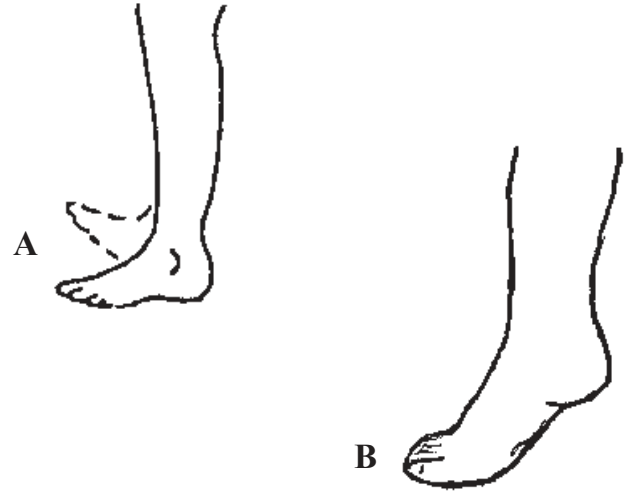


Lower Extremity Strengthening Exercises – Sitting

Do _____ repetitions of each exercise _____ times a day.

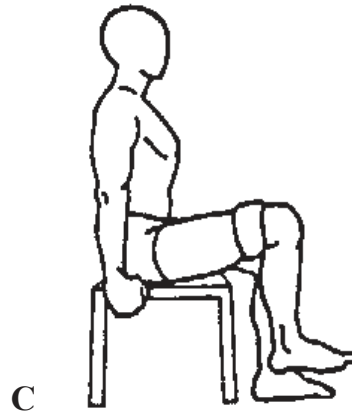
A. Ankle Pumps

1. Sit with feet flat on the floor.
2. Pull toes up and then return to the floor.



B. Heel Raises – Sitting

1. Sit with feet flat on the floor.
2. Lift heels off the floor, up and down.

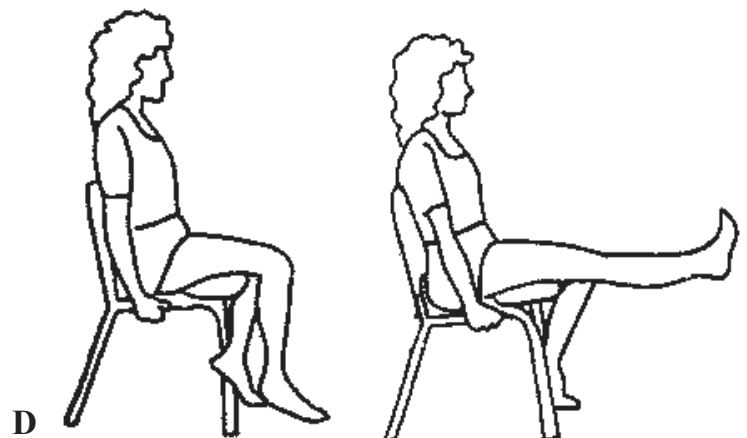


C. Hip Flexion – Sitting

1. Sit in a chair with feet flat on the floor.
2. Lift your leg off the floor.
3. Slowly lower to start position.

D. Knee Extension – Sitting

1. Sit with feet flat on the floor.
2. Straighten one knee.
3. Hold for approximately _____ seconds.
4. Return to start position.



Continued

E. Hip Adduction – Isometric

1. Sit with feet together and flat on the floor.
2. Place a firm pillow between your knees.
3. Squeeze the pillow and hold for 5 seconds. Relax.



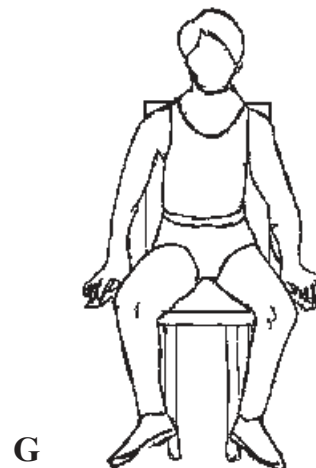
F. Knee Flexion – Sitting with resistance band (Thera-Brand®)

1. Sit with feet flat on the floor.
2. Hook band behind heel of foot and secure other end around leg of chair or table.
3. Bend knee, pulling band taut.
3. Hold for approximately _____ seconds.
4. Straighten knee slowly.



G. Hip Abduction

1. Sit with feet flat on the floor.
2. Spread knees apart as far as possible. Relax.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.