

Quadriceps Strengthening Exercises

1. Sit on top of a sturdy table with your lower legs hanging down.
2. Place the straps of a large purse with weight (as prescribed by your physician) over the ankle of the affected leg.

Note: Weight may be canned goods. Ankle weights may also be used.
3. Remain sitting and straighten the affected knee as far as possible. Hold for the count of 5; then slowly bend knee back.
4. Start this exercise program with 1 pound, 1 repetition. Increase weight and repetition until you have reached 10 pounds, 10 repetitions. At this point, you may discontinue your crutches if you receive approval to do so by your physician.
5. Continue to increase weight up to 20 pounds, 20 repetitions until your doctor tells you to stop.

