

## Lower Extremity Strengthening Exercises in Supine

The purpose of these exercises is to increase circulation to your leg, decrease swelling, and increase leg strength and flexibility.

### General instructions

1. You should do all your exercises at least twice a day. However, three times a day would be better. Ideal number of repetitions is 8 to 10.
2. Do exercises on both legs.
3. If you experience pain or pressure while exercising, perform one more repetition and then rest. Then, each time you exercise, increase by one repetition.
4. Do not hold your breath while exercising. Breathe normally.

### Ankle Pumps

**Position:** Lying on your back or in sitting

**Action:** Pull foot up and then point foot down as far as possible, keeping legs straight.



### Quadriceps Sets

**Position:** Lying on your back with legs straight

**Action:** Tighten your thigh muscle by flattening your knee against the surface. Hold for a count of five. Relax. Repeat.



### Gluteal Sets

**Position:** Lying on your back with legs straight

**Action:** Squeeze buttocks together. Hold for a count of five. Relax. Repeat.



*Continued*

### Heel Slides

**Position:** Lying on your back with legs straight

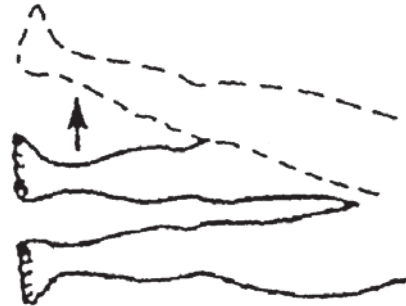
**Action:** Slowly bend knee, sliding heel up toward buttock. Do not lift heel from the surface. Slowly return to the starting position.



### Leg Abduction

**Position:** Lying on your back with both legs straight

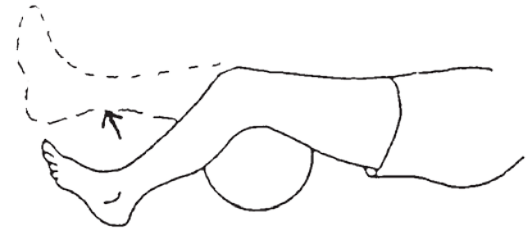
**Action:** Keep knee straight and toes pointed to the ceiling. Slide leg out as far as possible. Return to starting position. Relax. Repeat.



### Terminal Knee Extension

**Position:** Lying on back with towel roll under knee(s)

**Action:** Slowly lift foot up by straightening the knee as far as possible. Return to start position. Relax. Repeat.



### Knee Extension – Sitting

**Position:** Sitting in a chair with a straight back; thighs should be in line with hips, back against chair and feet flat on floor.

**Action:** Slowly lift foot as you straighten knee Lower to start position. Relax. Repeat.

