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.
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.
4. Hold for approximately _____ seconds.
5. Straighten knee slowly.

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