

Lower Limb Strengthening

Patient information - Department Physiotherapy

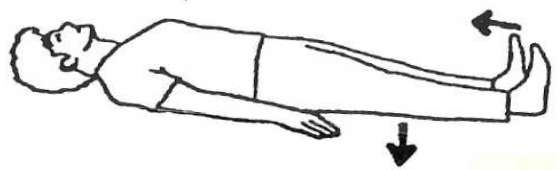
Any questions or problems should be directed towards your Physiotherapist.

Quadriceps Exercises

1. Lying on bed or floor:
 - Straighten your leg
 - Pull toes towards you.
 - tighten your thigh

Hold for 10 seconds then relax

Repeat ____ times.



2. Place a firm roll under your knee.
lift your heel off the bed to straighten your leg

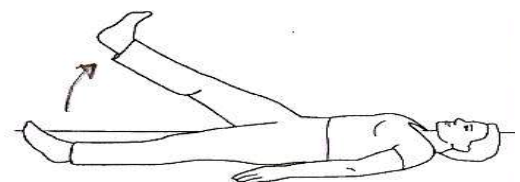
Hold for 10 seconds, then relax down

Repeat ____ times.



3. Have your legs straight in front of you
 - Lift your whole leg up
 - Keep your leg straightHold for 3 seconds then slowly lower your leg

Repeat _____ times

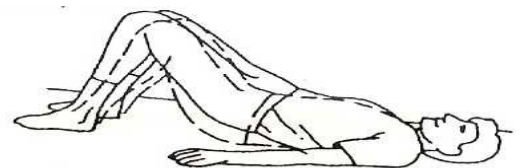


Gluteal Exercises

1. Bridging—bend your knees, and place feet hip width apart
 - lift your bottom up.
 - Keep knees a hip width apart

Hold for 10 seconds and relax.

Repeat ____ times.



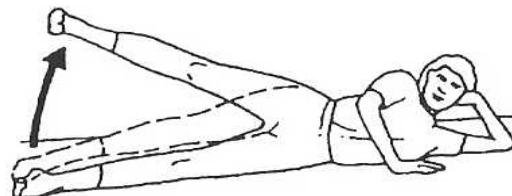
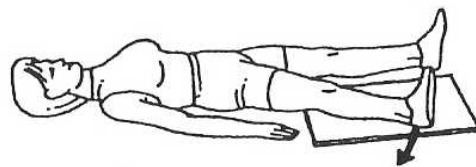
Abductors Exercises

1. Have your legs straight in front of you
 - Move your leg out to side then back in
 - Keep your kneecap facing the ceiling
 - Repeat ____ times.

2. Lie on our side with your legs together.
 - Keep your shoulders, hips and ankles in a straight line.
 - Lift your upper leg 10 cm off other leg.

Hold for 10 seconds then relax.

Repeat ____ times.



Knee Flexion

1. Lie on your back.
 - Pull your heel to your bottom
 - Keep your knee in line with your hipRepeat ____ times.



2. Sitting on side of bed or on a chair
 - Pull your foot underneath youRepeat ____ times.



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For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz