Lower Limb Exercises

Chair Exercises

1. Through range quadriceps (knee extension)

Sat upright in the chair.
Tighten the muscles at the front of your thigh.
Straighten your knee, lifting your heel up off the floor.

Hold for ______ slowly relax your leg back down
Repeat ______ Right / Left

2. Marching (hip flexion)

Sat up in the chair.
Lift your knees up one at a time like you are marching.
Slowly lower your leg back down.

Repeat _____ Right / Left

3. Toe tapping

Keep your heels on the floor and raise your toes off the floor.

Repeat ______ Right / Left

4. Heel tapping

Keep your toes on the floor and tap your heels up and down.

Repeat ______ Right / Left
Bed Exercises

1. Inner range quadriceps (knee over roll)
Place a rolled up towel under your knee. Tighten your thigh muscles by pushing your knee into the towel. Lift your heel up off the bed by straightening your knee.

2. Static quadriceps
Sit up in bed with your legs out straight. Push your knees down against the bed, tightening your thigh muscles. Hold 5 seconds – relax.

3. Straight leg raise
Push your knee down into the bed. Keep your leg completely straight. Raise your leg up 5 inches. Hold for ______ slowly lower back down. Repeat ______ Right / Left

4. Hip abduction
Sit up in bed with your legs out straight. Keep your toes pointing up to the ceiling and leg completely straight. Take your leg out to the side of the bed. Bring your leg back to the middle. Repeat ______ Right / Left

5. Heel Slides
Sit in the bed with legs out straight. Bend your hip and knee slowly by sliding your heel along the bed to your bottom. Slowly slide your leg back down in to the starting position.
6. Ankle circles

Rotate your ankles around in a circle clockwise then anticlockwise.
Point your foot away from your body and then back up to your head.

Repeat _______ Right / Left

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If you have any comments about this leaflet or the service you have received you can contact:

Physiotherapy Department

Huddersfield Royal Infirmary  Telephone No:  01484 342434
Calderdale Royal Hospital  Telephone No:  01422 224198

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych.

If you need help to quit yorkshiresmokefree.nhs.uk can help

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