

Lower Extremity Strengthening Exercises

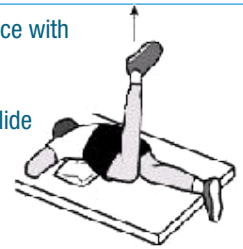
Straight Leg Raises

- Lie on the floor with your arms by your side
- Keep your affected leg straight and bend your other leg so that your foot is flat on the floor
- Tighten the thigh muscle of your affected leg and slowly raise it 6 to 10 inches off the floor



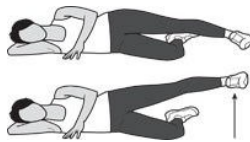
Hip Extension/ Glutes

- Lie on your stomach on a firm, flat surface with a pillow under your stomach
- Bend one knee to 90°
- Lift your leg straight up just enough to slide a piece of paper underneath your knee
- Slowly lower your leg down to the floor



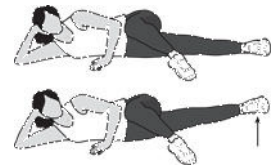
Hip Abduction

- Lie on your side with your affected leg on top straight
- With your top leg raise slowly to a 45°
- Keep knee straight, but not locked
- Hold this position for 5 seconds
- Slowly lower your leg and relax for 2-3 seconds



Hip Adduction

- Lie on the side of your affected leg with both legs straight
- Bend your top leg and cross it over your affected leg
- Raise your injured leg to 6" to 8" off the floor
- Hold this position for 5 seconds
- Slowly lower your leg and rest for 2-3 seconds



Hamstring Curls

- Hold on to back of chair/wall for balance
- Bend your affected knee and raise our heel toward the ceiling as far as possible without pain
- Hold for 5 seconds then relax 2-3 seconds



Calf Raises

- Hold onto back of chair/wall for balance
- Lift your unaffected foot off the floor so your weight is placed on your affected foot
- Raise the heel of your affected foot as high as you can
- Lower slowly, repeat 10 times



Pelvic Floor Contraction

- Lie on the floor with both knees bent and feet flat on the floor
- Place one or both hands on your abdomen
- Contract your pelvic floor muscles as if "stopping the flow of urine" for 10 seconds
- Relax
- Do not hold your breath Empty your bladder before performing this exercise



Bridges

- Lie on your back with arms by your side, and your knees bent with feet flat on floor
- Tighten your abdominal and buttock muscles
- Raise your hips up to create a straight line from your knees to your shoulder
- Hold for 5 seconds and lower slowly

