

IMG PHYSICAL THERAPY

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Lower Extremity Strengthening Home Exercise Sheet

Rehabilitation of the lower extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the legs can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day.

**Stretch for 10 repetitions holding 10 seconds each time.

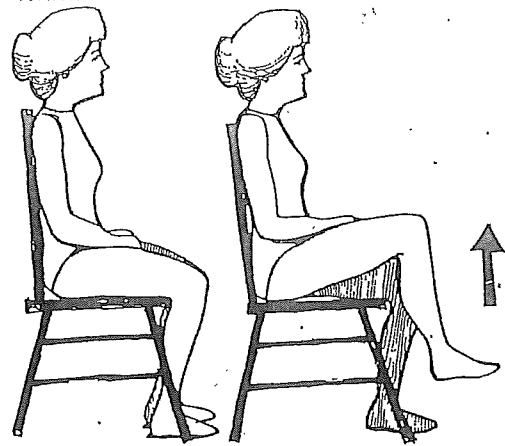
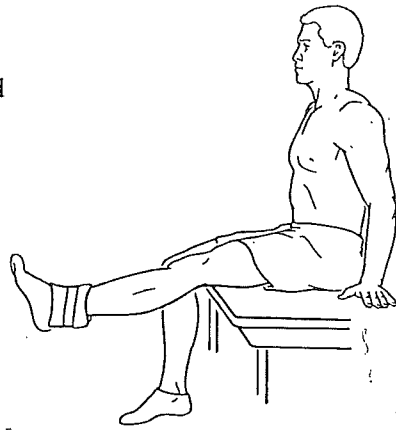
**Strengthening exercise are 2 sets of 15. Build up to this goal.

Ice for 15 minutes after exercise and at the end of the day. Do not ice before exercising.

HIP / KNEE - 76 Knee Extension (Sitting)

Place _____ pound weight on left ankle and straighten knee fully, lower slowly.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

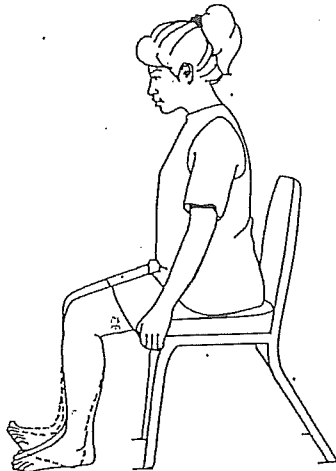


Purpose: To strengthen your hip muscles (ilio-psoas).
Position: Sit in a chair with both feet flat on the floor.
Action: Raise one knee up toward your chest as high as possible. Slowly lower it.
Repeat.

ANKLE/FOOT - 24 Sitting Toe Raise

Raise toes off floor. Keep heels on floor.

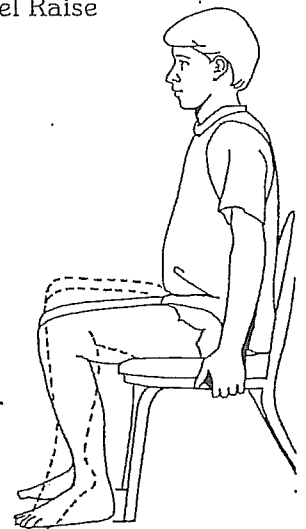
Repeat _____ repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.



ANKLE / FOOT - 23 Sitting Heel Raise

Raise heels off floor. Keep toes on floor.

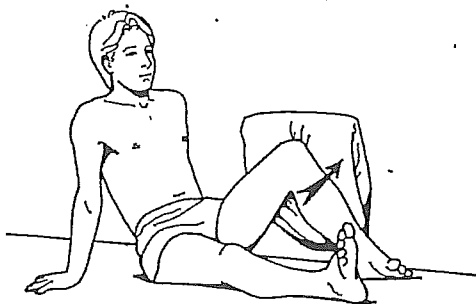
Repeat _____ repetitions per set.
Do _____ sets per session.
Do _____ sessions per day.



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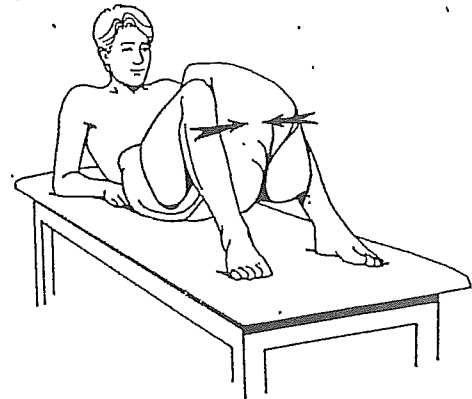
HIP and KNEE - 15 Strengthening Isometric Hip Abduction



Push into wall with outside of knee, using a folded pillow.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

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HIP and KNEE - 16 Strengthening Isometric Hip Adduction



With folded pillow between knees, squeeze knees together.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

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