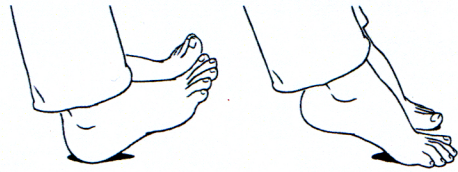


Leg Strengthening Exercises

Do these exercises while lying on your bed or couch.

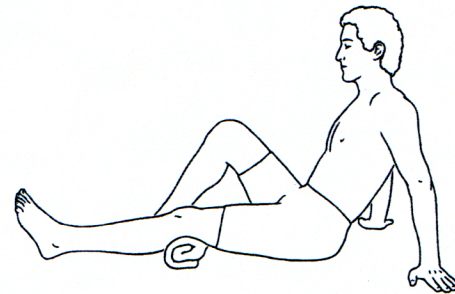
Ankle Pumps

- Do one ankle at a time. Lie on your back. Keep your legs straight.
- Pull your toes toward you. Then bend your ankle down, pointing your toes away from you.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite ankle.
- If you are comfortable doing the exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



Quad Sets

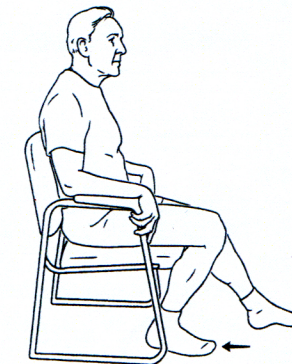
- Do one leg at a time. Lie on your back. Keeping one leg straight, bend the other leg.
- Tighten the muscles in the front of your thigh by pressing the back of your knee into the bed or couch. Hold for a count of 5.
- Then relax, keeping your knee straight.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing this exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



Leg Strengthening Exercises

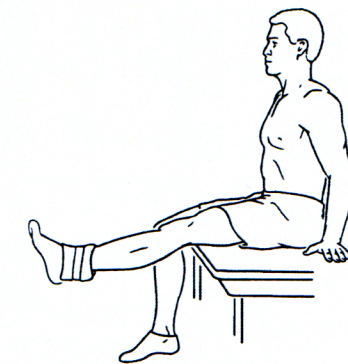
Knee Bending Flexion

- Do one leg at a time. Sit in a firm chair with your feet flat on the floor.
- Bend the knee back as far as possible. Hold for a count of 5.
- Return your leg slowly to the starting position so your feet are flat on the floor and relax.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing the exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



Knee Bent to Straight

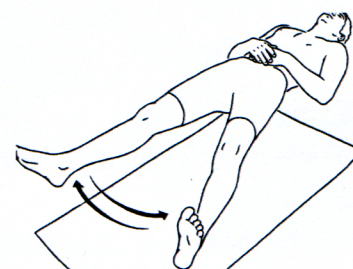
- Do one leg at a time. Sit in a firm chair with your feet flat on the floor.
- Lift your leg, keeping the knee as straight as possible. Hold for a count of 5.
- Lower leg and relax.
- Do the exercise 10 times. Repeat 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing the exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



Hip Strengthening Exercises

Hip Abduction/Adduction

- Do one leg at a time. Lie on your back. Keep your legs straight.
- Slide one leg out to the side, keeping your toes and knee pointed towards the ceiling.
- Slide your leg back to the middle.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing the exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.

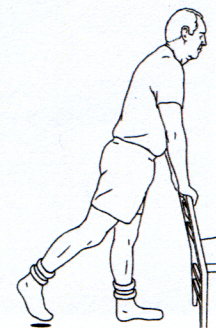


Do the next two exercises standing while holding countertop, door frame or walker for support:

Hip Extension:

Keeping your operated leg straight, bring the entire leg backward about six inches. Hold 3 counts, relax, then repeat.

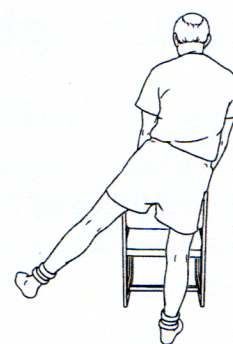
Stand erect—do not bend forward.



Hip Abduction

Keeping your operated leg straight, bring the entire leg out to the side. Hold 3 counts, relax, then repeat.

Stand erect—do not bend forward.



Leg Strengthening Exercises

Hamstring Sets

- Do one leg at a time keeping one leg straight.
- Bend the other leg slightly, push or dig your heel into the bed. This tightens the hamstring muscle (back of your thigh).
- Do not bend the knee further. Hold for a count of 5, then relax.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times.
- If you are comfortable doing this exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



Gluteal Squeeze

- Squeeze buttocks muscles as tightly as possible while counting out loud to 5.
- Repeat 10 times. Do 3 sessions per day.

