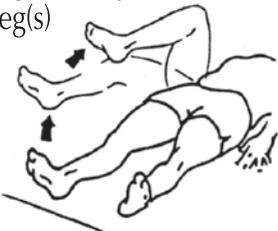


Lower Extremity Exercises

1. Hip and Knee Flexion

1. Lie on back, leg straight.
2. Lift leg, bending it at knee and hip.
3. Move leg bringing knee toward chest so hip and knee are bent as far as possible. (Keep other leg flat.) Repeat __ times (R-L) leg(s)



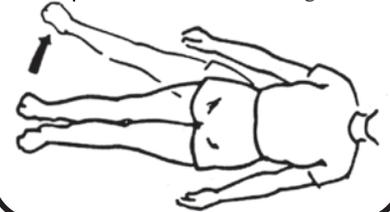
2. Knee Extension (modified straight leg raise)

1. Lie on back with one leg straight- other leg bent.
2. Lift straight leg up approximately __ inches.
3. Keep the knee straight and back flat. Repeat __ times (R-L) leg(s)



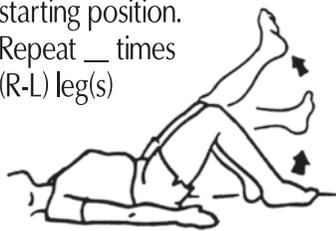
3. Hip Abduction

1. Lie on back.
2. Take leg out to side, pull in toward other leg, relax.
3. Keep knee straight and toes pointing up to ceiling. Repeat __ times (R-L) leg(s)



4. Knee Extension (supine)

1. Lie on back with knees bent.
2. Lift one foot off bed.
3. Straighten knee and point foot to ceiling.
4. Bend knee and return leg to starting position. Repeat __ times (R-L) leg(s)



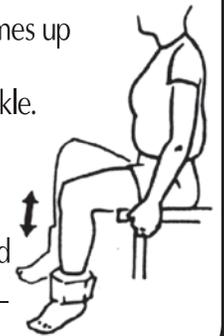
5. Ankle Exercise

1. Lie on back, legs straight, feet relaxed.
2. Bend ankles, pulling toes up toward you.
3. Bend ankles, pointing toes down away from you. Repeat __ times (R-L) leg(s)



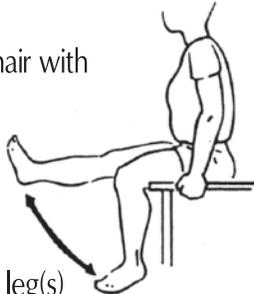
6. Hip Flexion

1. Sit with feet on the floor, hands grabbing sides of chair.
2. Lift knee up approximately __ inches, relax.
3. Be sure knee comes up in a straight line.
4. Put weight on ankle. Repeat __ times (R-L) leg(s)
Specific type of weight to be used _____
of lbs. _____



7. Quadriceps Exercise

1. Sit straight in chair.
2. Hold onto sides of chair with both hands.
3. Completely straighten leg. Hold for count of __.
4. Relax leg slowly. Repeat __ times (R-L) leg(s)



8. Bridging

1. Lie on bed with both knees bent and feet on bed. Raise your hips off the bed. Repeat ____ times.



Do each exercise every day _____ times per day.

Therapist: _____

Date: _____