



Standing lower limb exercises

These exercises are recommended by our Physiotherapy Team to help you to maintain the strength in your legs. The exercises aim to improve the strength of certain muscles that will provide better support for the knee during walking and other tasks. Stronger muscles help to cushion as well as support and protect the joint and will help improve your balance. Stronger muscles also make it easier to perform many daily activities, such as standing up from a chair.

Instructions

- Use a sturdy surface (like a kitchen counter or chair) for balance.
- For all exercises, remember good posture: stand tall, keeping your back straight and head up.
- To make exercises harder, gradually increase the number of repetitions.
- Work hard, but stay within your level of comfort.
- Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, STOP.
- Do not hold your breath as you exercise. Breathe out as you move and breathe in when you are in the resting (starting) position.

Hip abduction / sideways leg lift

1. Rest your hands on the back of a chair for stability.
2. Raise your leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the opposite side.
3. Return to the starting position.
4. Repeat with the other leg.

Raise and lower each leg _____ times



Sit to stand

This is good for leg strength

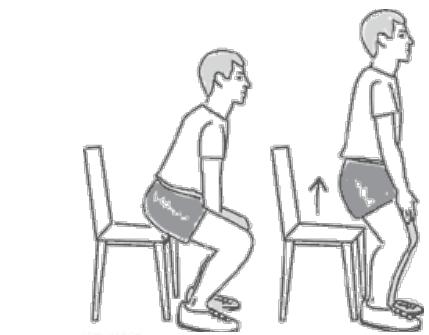
1. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
2. Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
3. Stand upright before slowly sitting back down again.

Aim for ____ repetitions, the slower the better.

Supported squat

1. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
2. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
3. Gently come up to standing, squeezing your buttocks as you do.

Repeat ____ times.



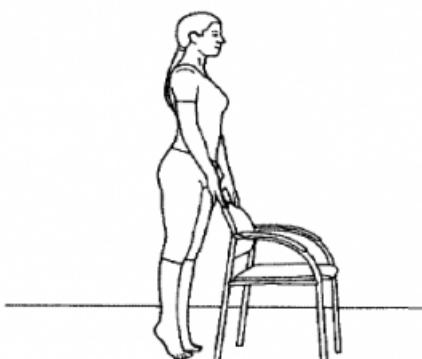
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Calf raises

1. Rest your hands on the back of a chair for stability.
2. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat ____ times.

For more difficulty, perform this exercise without support.

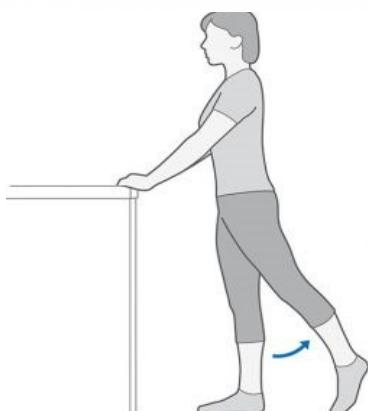


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Hip/leg extension

1. Rest your hands on the back of a chair/table for stability.
2. Standing upright, raise one leg backwards, keeping it straight. Avoid arching your back as you take your leg back. Hold the lift for up to 5 seconds. You should feel the effort in the back of your thigh and bottom.
3. Repeat with the other leg.

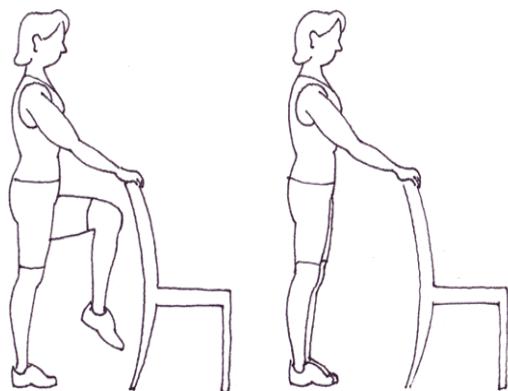
Repeat ____ times with each leg.



Leg stand

1. While standing hold on to the back of a chair.
2. Slowly bend one knee as far as possible. Do not lean forwards.
3. Hold position for 5 seconds and slowly lower your leg down.

Repeat _____ times on each leg.



Marching on the spot

1. While standing hold on to the back of a chair if required to maintain balance.
2. Slowly bend one knee toward chest without leaning forwards or backwards.
3. March up and down on the spot

Repeat _____ times on each leg.



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Please ask if you need this information in another language or format.

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