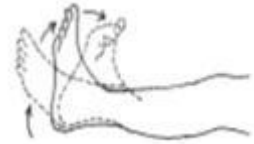


Independent Leg Exercises

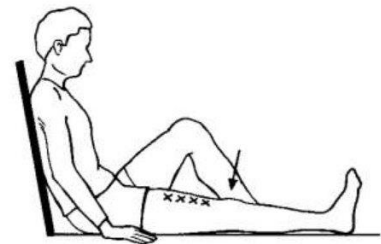
Ankle range of movement

Lying flat on your bed with your legs extended and with the knee pointing towards the ceiling.
Pull your left foot up towards you and point down away from you.
Repeat.



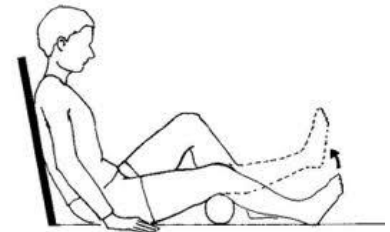
Thigh strengthening: Static quads

Lying or sitting with your legs straight.
Try to contract the muscles at the top of your leg by pushing the back of your knee into the bed.
Keep breathing throughout!
Hold for 5 seconds if you can.



Thigh strengthening: Inner range quads

Sitting or lying on your bed with pillows behind your back, place a rolled-up towel under your knee.
Keep the back of the knee in contact with the towel.
Raise the heel off the bed to straighten the leg and slowly lower.



To progress: Increase repetitions/add a hold.

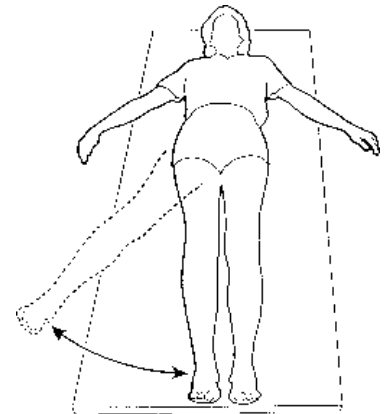
Heel Slides

Lying on your bed, with the head of the bed is raised a little.
Slide your heel towards your bottom and then straight it out again.



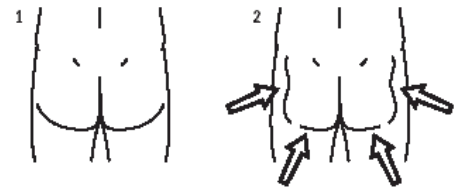
Leg out to side

Lying on your back with knees and toes pointing towards the ceiling.
Squeeze your buttocks & take your leg out to the side.
Keep the leg straight and toes pointing towards the ceiling throughout.



Buttock squeeze

Lying flat on your bed.
One hand on your tummy and the other on your chest.
Breathing normally (your abdomen should rise slightly more than your chest as you breathe in).
Squeeze your buttock cheeks together. Hold for 3-5 seconds, whilst maintaining your breathing control.



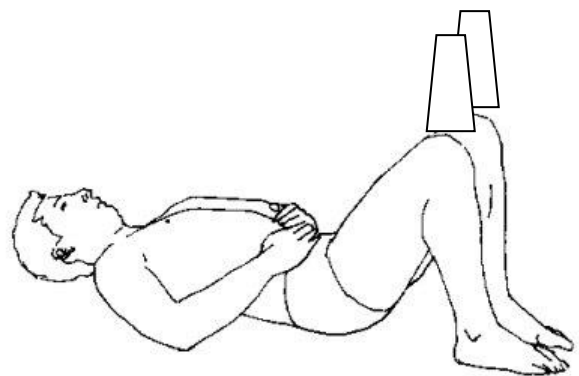
Lying with knees Bent

Lay on your bed with arms resting by your sides.
Ask for assistance to bend your knees up so that your feet are flat on the bed, hip width apart.

1) Hold this position for 1-2 minutes, balancing the cones on your knees.

Keep your shoulders relaxed and control your breathing (your tummy should gently rise as you breathe in and fall as you breathe out, rather than your chest)

2) Reach your arm above your head and rest it down by your side.



Pelvic tilts

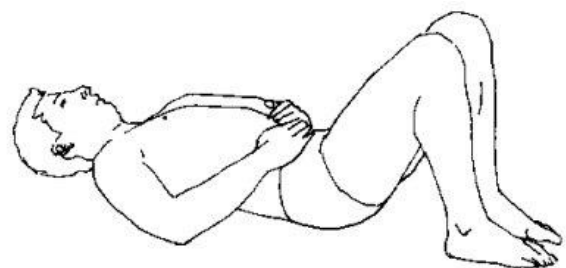
Lie on your back with your knees bent and feet flat on the bed hip width apart.

Push the small of your back flat against the bed and then slowly arch here.

Repeat this movement.

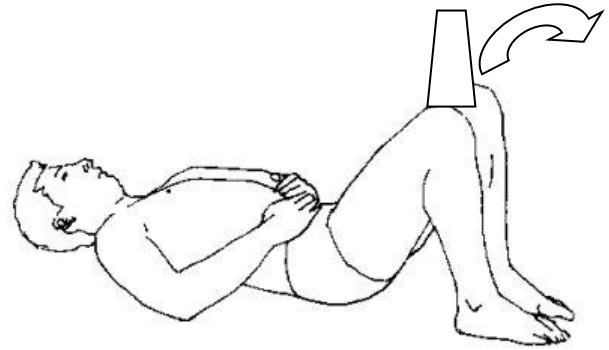
Be careful not to hold your breath during this exercise – this is cheating!

Woking Community Hospital



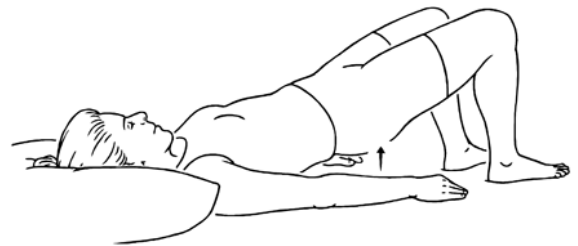
Bent knee fall outs

Lay on your bed, with hands resting on your tummy.
Place a cone on your knee.
You may need someone to support lightly at your ankle.
Drop your one knee out to the side, in a controlled manner, and bring it back again.
Don't let the cone fall.
Repeat the bent knee drop out with the cone on the other knee.



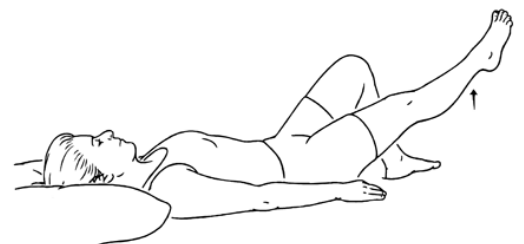
Mini Bridge

Lay on your bed with your knees bent and hands resting by your sides.
Ensure your weaker shoulder is supported with towels or a pillow.
Squeeze your buttocks together to initiate tucking you back against the bed. Slowly lift your bottom a little way off the bed keeping your pelvis level.
You may need somebody to support your ankles to the bed.
Return to the start position.



Straight leg raise

Lying on your back.
Raise a straight leg into the air.
Hold for a few seconds before lowering back to the bed.



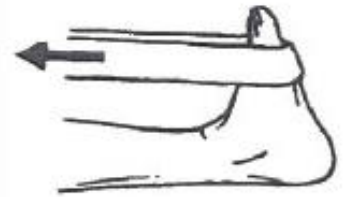
Leg lifts

Lie on one side with your bottom leg bent behind you and your top leg straight.
Squeeze your buttocks and lift your top leg, straight up keeping your knee straight.
Slowly lower.



Calf stretch

Sitting on the bed.
Place a dressing gown cord or belt under the sole of your foot.
Pull your foot as much as you can towards you using the muscles in your ankle. Assist the movement pulling through the cord with your hand/s until you feel a stretch down the back of your calf.
Hold the stretch for 20-30 seconds. Relax.
Repeat twice with your knee bent and then your knee straight.



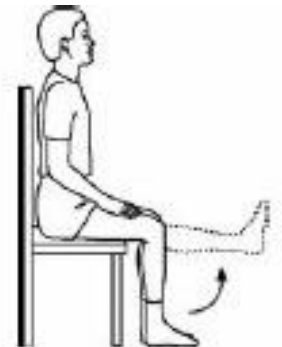
Ankle Turn Outs

Sitting upright on the bed or in sitting in a chair with feet flat on the floor.
Pull your toes upwards and out to the side.
Hold for 3-5 seconds before returning to start position.
Repeat with both feet.



Leg straightening

Sitting in your chair with your back well supported.
Straighten your leg out in front of you.
Hold for 5 seconds before slowly lowering.
Repeat with each leg.



Sitting side steps

Sit in a chair or your wheelchair with the footplates removed.
Shuffle forwards so your feet are flat on the floor in front.
Ensure your hips are equidistant from the back of your seat.
Squeeze your buttocks together and bring one leg out to the side.
Gently bring the leg back into the middle.



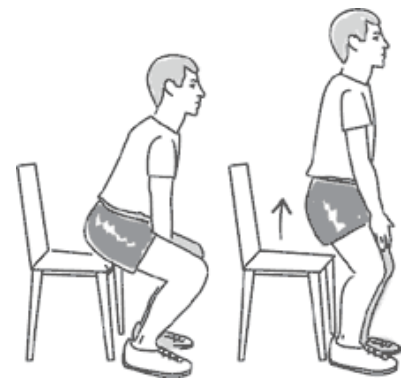
Hamstring Stretch

Sitting at the edge of your chair.
Straighten one leg out in front of you and rest your heel on the floor.
Sit up straight; then gently bend forward at the hips until you feel a gentle stretch down the back of your thigh.
Hold for 20 to 30 seconds, breathing normally.
Sit up slowly and repeat twice on each leg.



Sit to stand from your chair

Position yourself at the front of your seat with feet flat on the floor and hip width apart.
Come into standing, making sure your knees fall over your feet as you come up.
You may wish to practise in front of a mirror to begin with to ensure your weight is evenly distributed over both legs as you stand.
Stand tall, squeezing your buttocks together and tucking your tummy in, with shoulders relaxed.
Make sure you bend at your hips and knees first before going to sit down in a controlled manner.



Arm raises

In sitting with your back well supported.
Raise your arms above your head and slowly lower three times in a row.

Ensure:

- both arms raise and lower at the same time
- that you keep your shoulders straight
- that your shoulders do not raise excessively.

If you are unable to lift your weaker arm up on its own, support it with the other hand.

Do this in front of a mirror for visual feedback.

