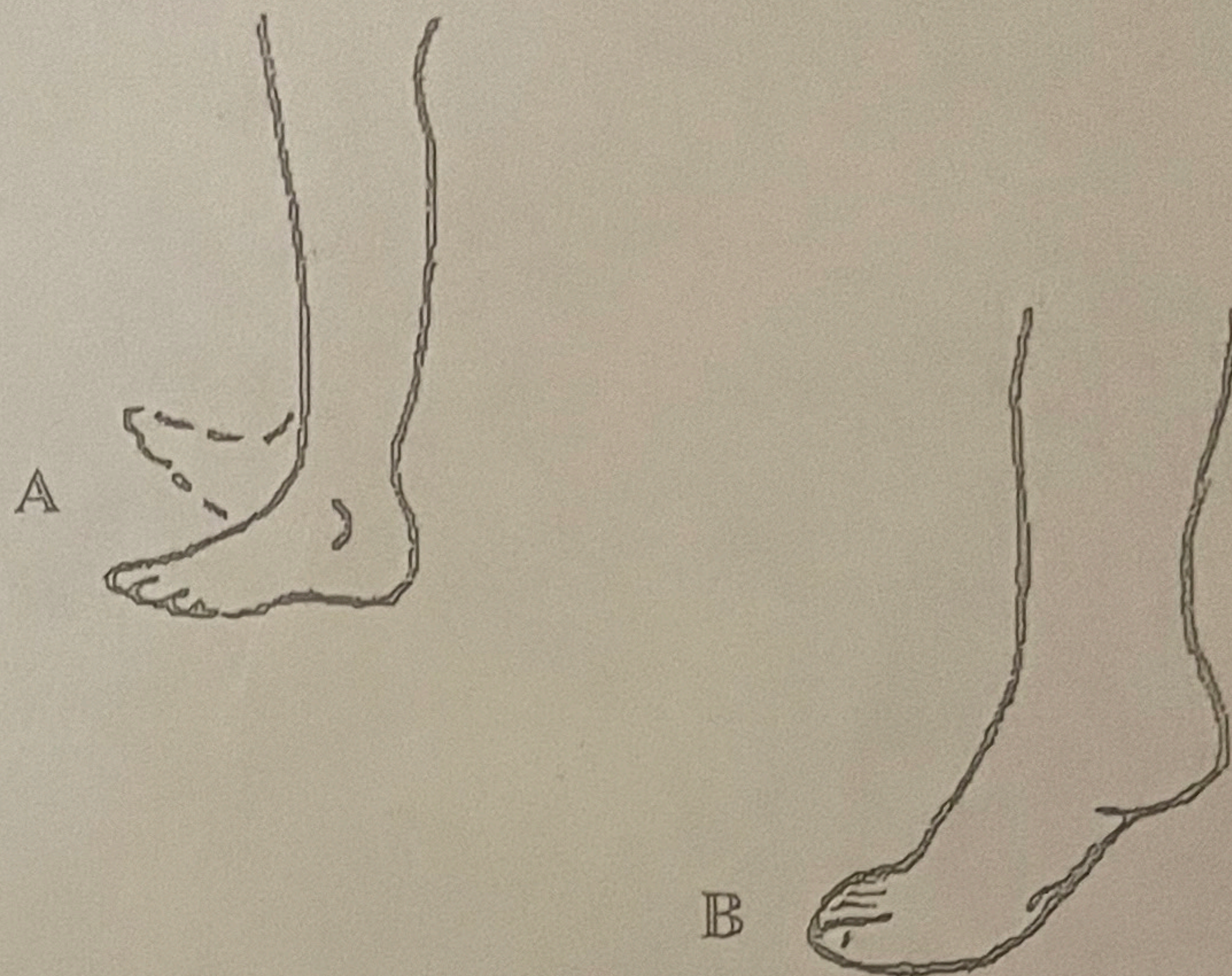


Lower Extremity Strengthening Exercises – Sitting

Do _____ repetitions of each exercise _____ times a day.

A. Ankle Pumps

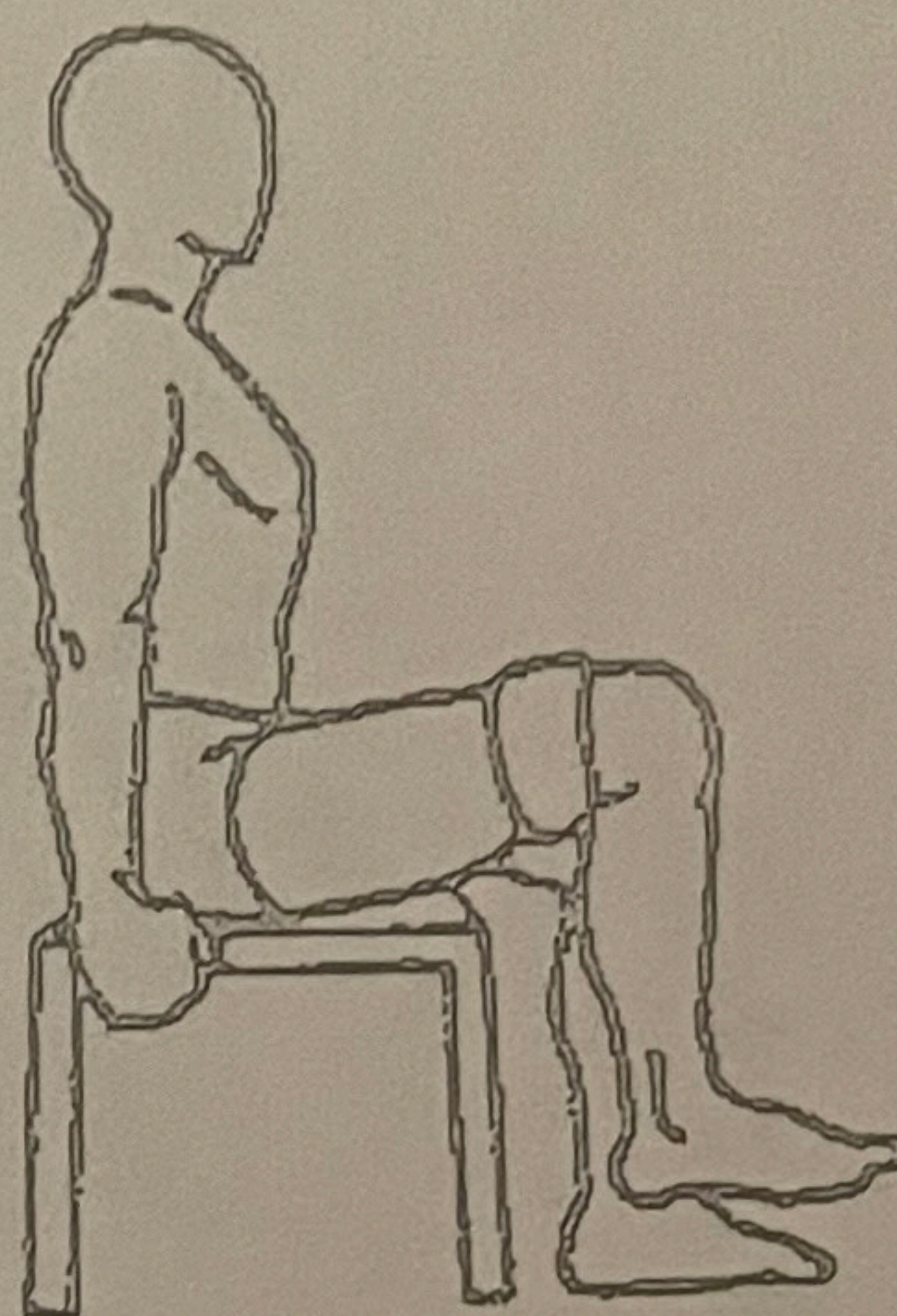
1. Sit with feet flat on the floor.
2. Pull toes up and then return to the floor.



B. Heel Raises – Sitting

1. Sit with feet flat on the floor.
2. Lift heels off the floor, up and down.

~~5 to 10x~~



C. Hip Flexion – Sitting

1. Sit in a chair with feet flat on the floor.
2. Lift your leg off the floor. hold 5 seconds
3. Slowly lower to start position.

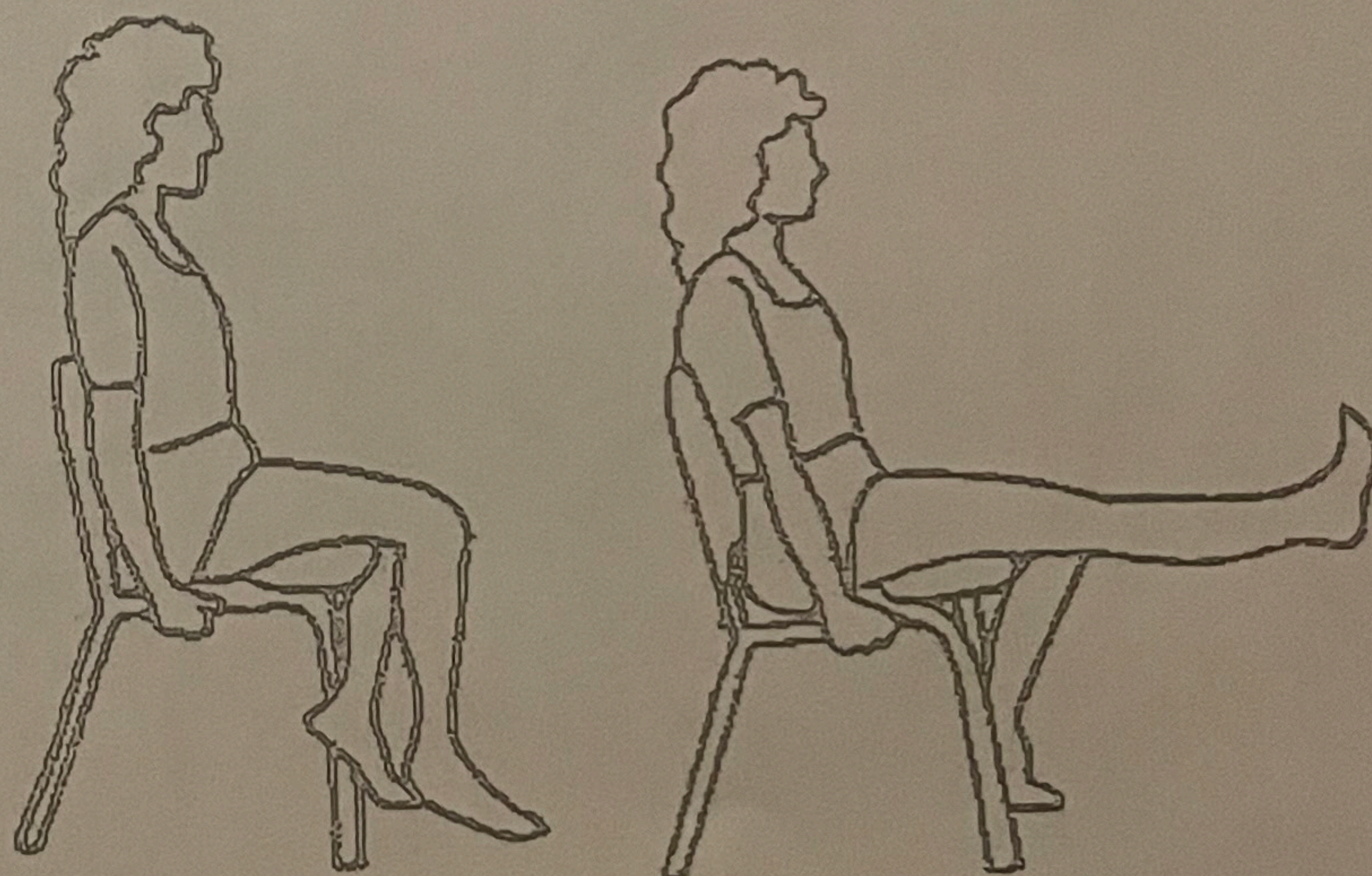
5 to 10x

C

D. Knee Extension – Sitting

1. Sit with feet flat on the floor.
2. Straighten one knee.
3. Hold for approximately 5 seconds.
4. Return to start position.

5 to 10x



D

3) # Pull knees apart -
place resistive band
above knees
(avoid wrinkles)

Continued

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