

AUSTIN BONE & JOINT CLINIC

GENERAL LOWER EXTERMITY EXERCISES

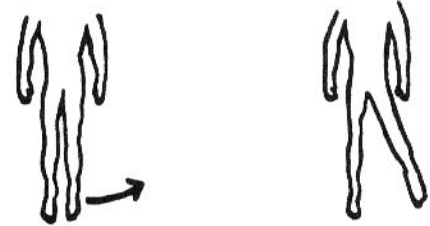
Number of repetitions ____.

Sessions per day ____.

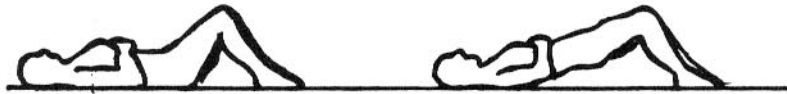
1. Straight Leg Raises - Lift leg straight up in the air, keeping knee perfectly straight. Slowly return to bed. Repeat with other leg. Do this with your opposite knee flexed and foot flat on the bed.



2. Hip Abduction - Slide one leg out to the side, keeping knee straight and kneecap pointed toward the ceiling, pull back to center and repeat with the other leg.



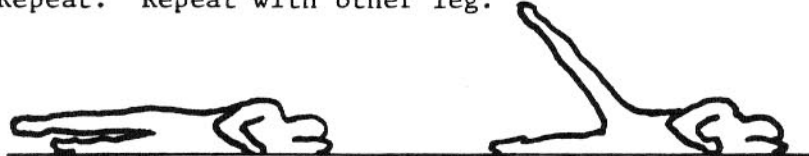
3. Hip Bridges - Bend knees up and put feet flat on bed. Push on feet to lift buttocks off bed. Hold three seconds and return to bed.



4. Partial Sit-ups - Bend knees up and put feet flat. Reach hands towards knees as if doing a partial sit up. Have someone hold your feet if necessary.



5. Sidelying - Hip Abduction - Lie on side. Top leg straight. Lift leg into air. Lower slowly. Repeat. Repeat with other leg.



6. Lying on your stomach - a. Bend your knee and try to touch heel to buttock. b. With knee bent, lift thigh off bed.



7. Lie on stomach - Keep knee straight and lift your leg up towards the ceiling. Lift from the hip.

