

Physiotherapy Department

Lower Limb Exercises

Chair Exercises

1. Through range quadriceps (knee extension)

Sat upright in the chair.
Tighten the muscles at the front of your thigh.
Straighten your knee, lifting your heel up off the floor.

Hold for _____ slowly relax your leg back down

Repeat _____ Right / Left



2. Marching (hip flexion)

Sat up in the chair.
Lift your knees up one at a time like you are marching.
Slowly lower your leg back down.

Repeat _____ Right / Left



3. Toe tapping

Keep your heels on the floor and raise your toes off the floor.

Repeat _____ Right / Left



4. Heel tapping

Keep your toes on the floor and tap your heels up and down.

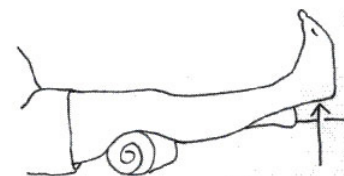
Repeat _____ Right / Left



Bed Exercises

1. Inner range quadriceps (knee over roll)

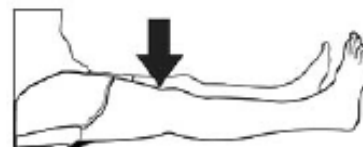
Place a rolled up towel under your knee.
Tighten your thigh muscles by pushing your knee into the towel.
Lift your heel up off the bed by straightening your knee.



2. Static quadriceps

Sit up in bed with your legs out straight.
Push your knees down against the bed, tightening your thigh muscles.

Hold 5 seconds – relax.



3. Straight leg raise

Push your knee down into the bed.
Keep your leg completely straight.
Raise your leg up 5 inches.

Hold for _____ slowly lower back down.

Repeat _____ Right / Left



4. Hip abduction

Sit up in bed with your legs out straight.
Keep your toes pointing up to the ceiling and leg completely straight.
Take your leg out to the side of the bed.
Bring your leg back to the middle.

Repeat _____ Right / Left



5. Heel Slides

Sit in the bed with legs out straight.
Bend your hip and knee slowly by sliding your heel along the bed to your bottom.
Slowly slide your leg back down in to the starting position.



6. Ankle circles

Rotate your ankles around in a circle clockwise then anticlockwise.
Point your foot away from your body and then back up to your head.

Repeat _____ Right / Left



Web Address

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

QR Code



If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone No: 01484 342434

MSK Physiotherapy Admin Office
Telephone No: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"