

## Leg Exercises

Patient Name \_\_\_\_\_

Therapist \_\_\_\_\_ Date \_\_\_\_\_

### Ankle exercises

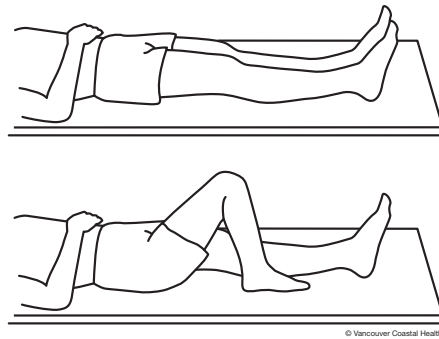
1. Point your toes down to the end of the bed and then pull your toes up towards your head.
- Repeat \_\_\_\_\_ times.
2. Follow with "Pumping" your foot up and down moving only at your ankle.
- Repeat \_\_\_\_\_ times.



### Knee Bends

- Slide your heel towards your bottom as far as you can go, then slide back down until your knee is completely straight.

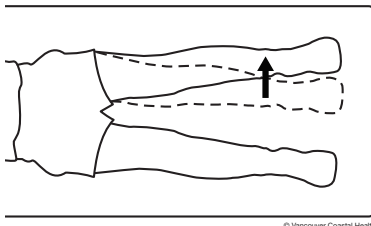
Repeat \_\_\_\_\_ times.



### Hip Sideways Slides

- Lie on your back with your legs straight and your toes pointing to the ceiling.
- Slide your leg out to the side keeping your knee straight.
- Hold for 5 seconds and slowly return to starting position

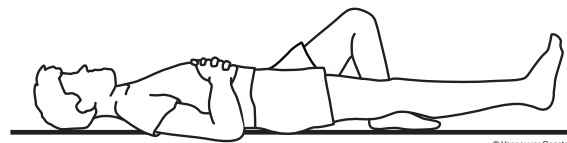
Repeat \_\_\_\_\_ times with each leg.



### Hip Strength

- Start with your exercising leg straight and your resting leg bent if able.
- Push your knee down into the bed and hold 3 seconds
- Keep your knee straight and try to lift your heel off the bed

Repeat \_\_\_\_\_ times with each leg.

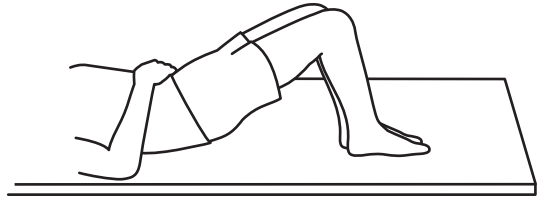
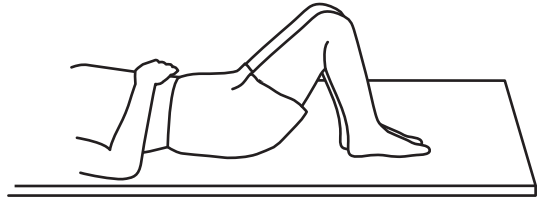




## Bottom lifts

- Squeeze your buttocks together gently, as if holding a pencil between your buttocks.
- Lift your bottom up and hold for 5 seconds.
- Then lower slowly down onto the bed.

Repeat \_\_\_\_\_ times.



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