Leg Strengthening Exercises

This exercise program has been designed for you by your physical therapist. Do only the exercises marked. Do them slowly and smoothly on a firm surface. Never hold your breath while doing your exercises, as it may cause your blood pressure to rise. If you feel any pain or discomfort, tell your therapist. It is your responsibility to follow this program.

1. Straighten each knee.

2. Keep your knee bent and lift your leg up as high as possible. Lower it down slowly.

3. Leave your heel on the floor and tap your toes up and down.
4. Leave your toes on the floor and lift your heel up and down.

5. Alternate tapping your toes and lifting your heel.

1. Bend both knees and keep your feet flat on the mat, bed, or floor. Lift your bottom up and down.
2. Keep your legs in the same position as #1 and put your arms across your chest. Curl up lifting your head and shoulders off the mat. Return to the starting position. Keep your back flat on the mat, bed or floor for the entire curl.

3. Bend one leg and straighten the other leg. Lift the straight leg up and down keeping your knee straight.

4. Keep one leg straight and bend your other leg so your foot is flat on the floor, mat or bed. Lift your bottom up as high as possible. Slowly lower your bottom.

5. Bend one leg keeping your foot flat on the mat. Keep your other leg straight about 6 inches off the floor. Lift your bottom up and down.
6. Bend both knees and keep your feet flat on the mat, bed, or floor. Keep one leg in place and slowly lower your other leg out to the side. Bring your leg back to the center.

7. Lie with both legs straight. Slide your leg out to the side and return it to the center. Keep your knees straight and toes pointing up during the exercise.

8. Keep your legs in the same position as #7. Do this exercise in 5 steps:
   - Lift both of your legs straight up keeping your knees straight.
   - Spread your legs out to a V.
   - Put your feet together to make a diamond shape
   - Put your knees together.
   - Return your legs to the starting position.

Lie on Your Side

1. Lie on your side. Keep your top leg straight and your bottom leg bent. Lift your top leg up toward the ceiling, keeping your knee straight. Lower your leg slowly.

2. Lie on your side. Keep your top knee bent with your foot on the mat. Lift your bottom leg up toward the ceiling and lower it slowly.

Lie on Your Stomach

1. Bend and straighten your knee.
Right Leg

Times
Sets

Left Leg

Times
Sets

2. Lift one leg up toward the ceiling, keeping your knee straight. Lower your leg slowly.

On Your Hands and Knees

Right Leg

Times
Sets

Left Leg

Times
Sets

1. Raise one leg out behind you. Return it to the starting position.

2. Gently rock forward and back.
3. Raise one arm and your opposite leg slowly. Return to the starting position. Repeat this exercise with opposite leg and arm.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.