

# 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.

## Right Knee

<input type="text"/>	<input type="text"/>
Times	Sets

## Left Knee

<input type="text"/>	<input type="text"/>
Times	Sets

## Right Leg

<input type="text"/>	<input type="text"/>
Times	Sets

## Left Leg

<input type="text"/>	<input type="text"/>
Times	Sets

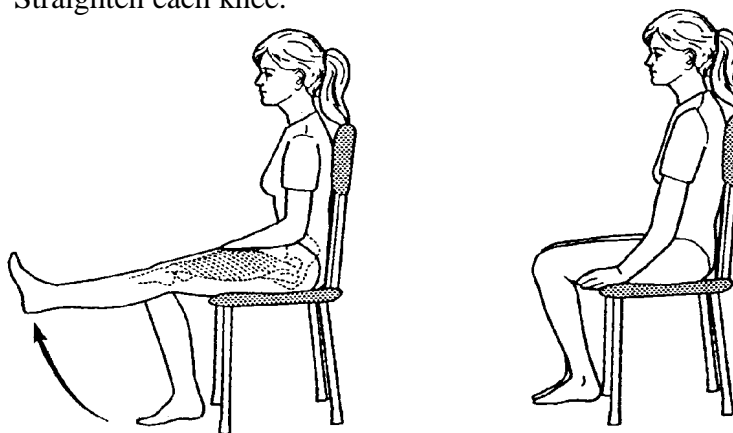
## Right Foot

<input type="text"/>	<input type="text"/>
Times	Sets

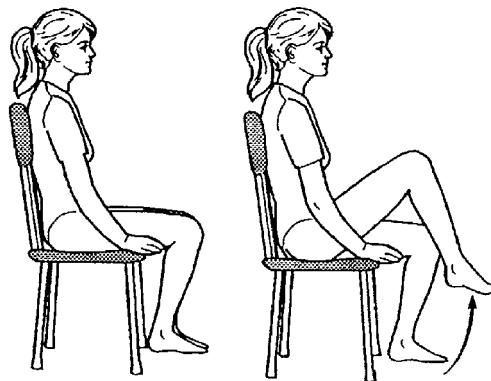
## Left Foot

<input type="text"/>	<input type="text"/>
Times	Sets

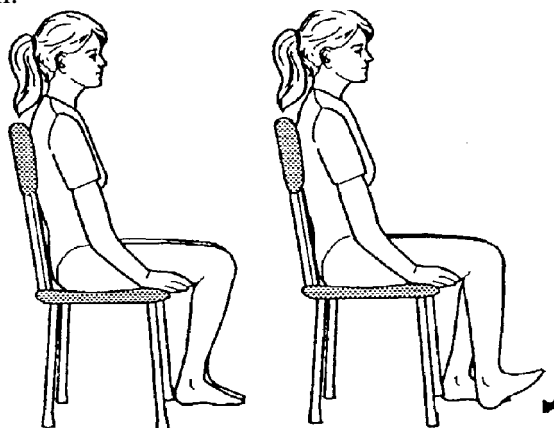
1. Straighten each knee.



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.



**Right Heel**

Times

Sets

**Left Heel**

Times

Sets

**Right Foot**

Times

Sets

**Left Foot**

Times

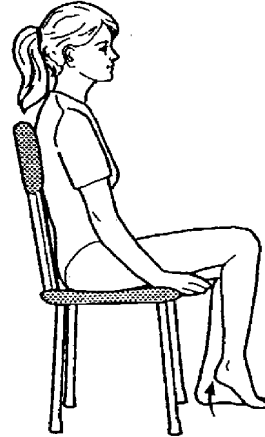
Sets

**Lie on Your Back**

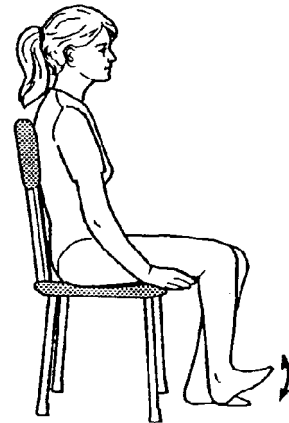
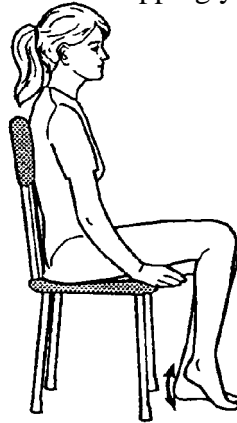
Times

Sets

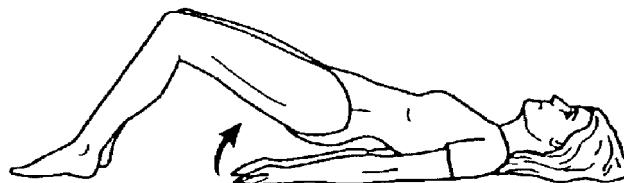
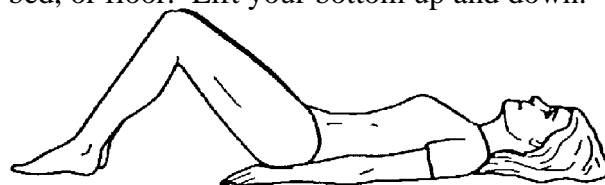
4. Leave your toes on the floor and lift your heel up and down.



5. Alternate tapping your toes and lifting your heel.

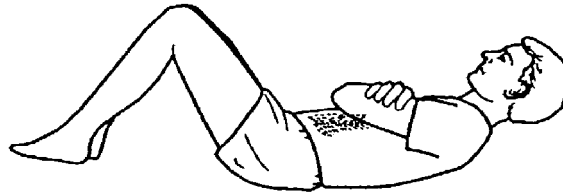


1. Bend both knees and keep your feet flat on the mat, bed, or floor. Lift your bottom up and down.



Times	Sets

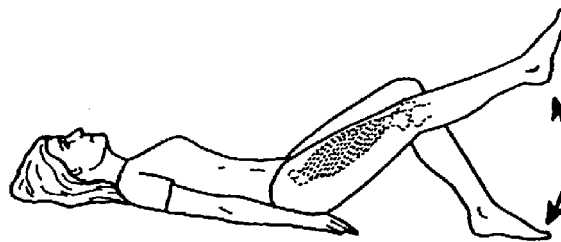
- Keep your legs in the same position as #1 and put your arms across your chest. Curl up lifting your head and shoulders off the mat. Return to the starting position. Keep your back flat on the mat, bed or floor for the entire curl.



**Right Leg**

Times	Sets

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



**Left Leg**

Times	Sets

**Right Side**

Times	Sets

- 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.



**Left Side**

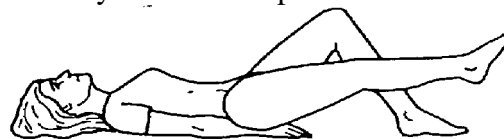
Times	Sets



**Right Side**

Times	Sets

- 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.



**Left Side**

Times	Sets



**Right Side**

Times	Sets

**Left Side**

Times	Sets

**Right Leg**

Times	Sets

**Left Leg**

Times	Sets

Times	Sets

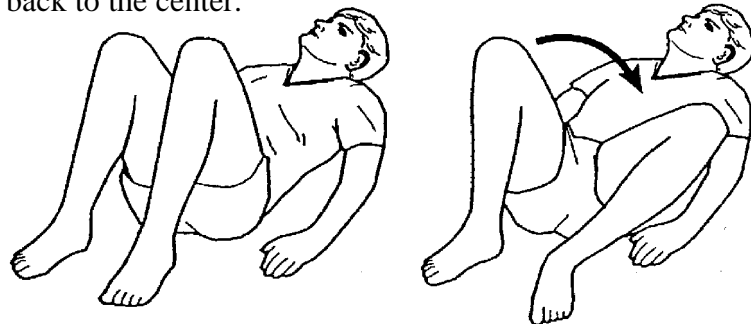
**Right Leg**

Times	Sets

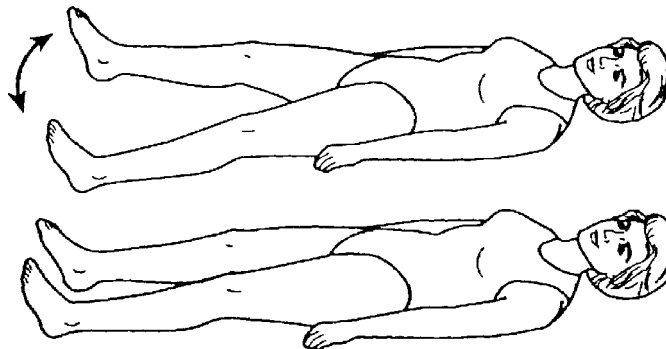
**Left Leg**

Times	Sets

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.



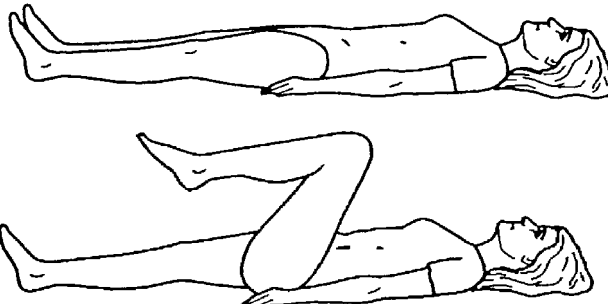
7. Lie with both legs straight. Slide your leg out to the side and return it to the center. Keep your knees straight and toes pointing up during the exercise.



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.

9. Lift your leg, bending it at your hip and knee. Bring your knee toward your chest. Return to starting position.



## Lie on Your Side

### Right Side

Times

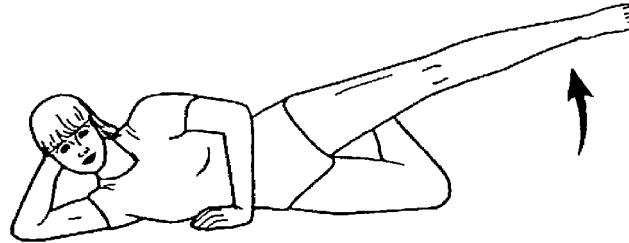
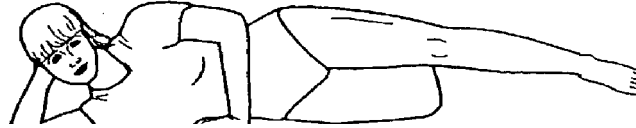
Sets

### Left Side

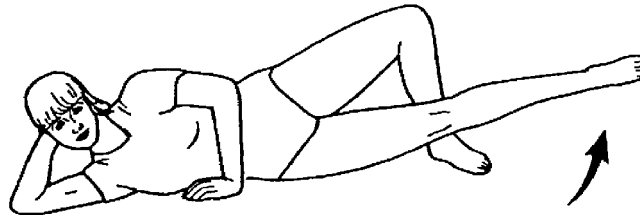
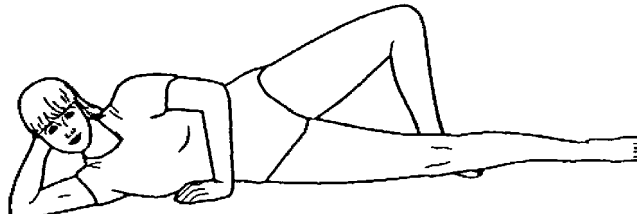
Times

Sets

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.



### Right Side

Times

Sets

### Left Side

Times

Sets

## Lie on Your Stomach

### Right Knee

Times

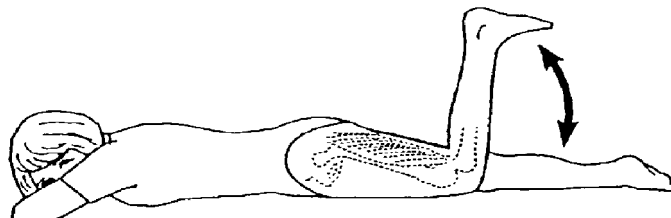
Sets

### Left Knee

Times

Sets

1. Bend and straighten your knee.



**Right Leg**

Times

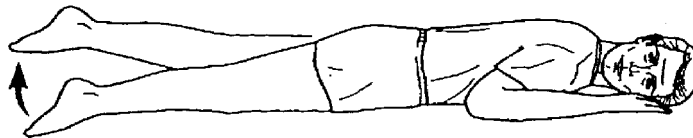
Sets

**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

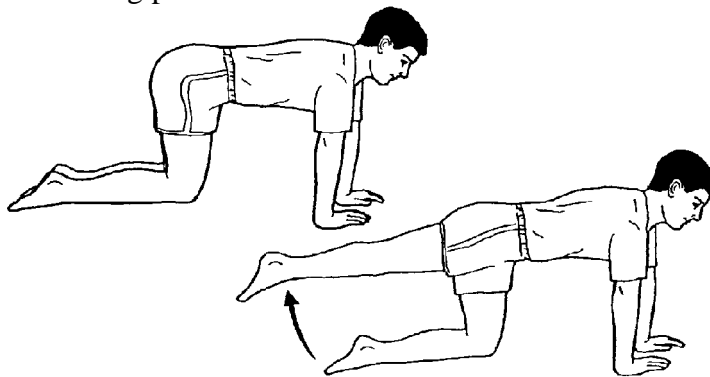
Sets

**Left Leg**

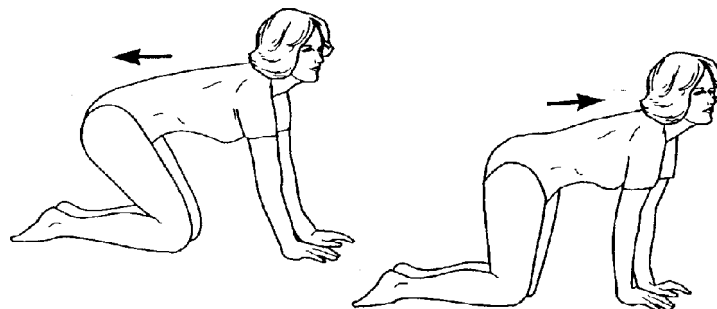
Times

Sets

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

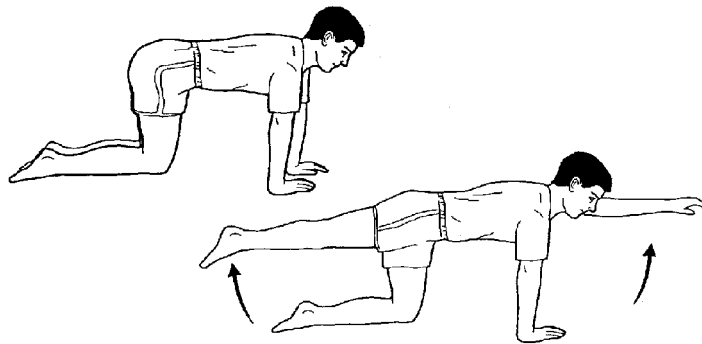


2. Gently rock forward and back.



3. Raise one arm and your opposite leg slowly. Return to the starting position. Repeat this exercise with opposite leg and arm.

<input type="text"/>	<input type="text"/>
Times	Sets



**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](mailto:health-info@osu.edu).**

© Copyright, (9/2002)  
Department of Physical Therapy  
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.