

Lower Limb Strengthening Programme

	<p>BRIDGING</p> <p>While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.</p>
	<p>STRAIGHT LEG RAISE - SLR</p> <p>While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.</p>
	<p>SEATED MARCHING</p> <p>While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.</p>
	<p>SIT TO STAND - NO SUPPORT</p> <p>Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.</p> <p>Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.</p>



FRONT STEP-UPS

You can hold a handrail for support if needed. Step up onto stool or step with involved leg. Step down leading with uninvolved leg. Repeat.



Lunges

Take large step forward with one foot and bend at both knees as if driving back knee down toward the floor. Hold a chair for support. Be aware not to let front knee go past toes. Return and repeat with other leg.



SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.