

Scan

LOWER EXTREMITY REHABILITATION PROGRAM

Start with 1 1/2

Building leg strength is desirable because strong muscles control joint motions and stability, especially following injury or in the presence of pathology. Increasing total leg strength is a key factor in promoting proper function of the knee as well as the entire body. The goal is to develop equal strength in both legs. You will begin by building the strength of the weak leg.

Build  
up  
to

EQUIPMENT

Use black disc weights with a hole in the center. Purchase 20 lbs. of weights in 1 1/2, 2 1/2 and 5 lbs. weight sizes. A cloth strap is needed to secure the weights around the instep of the foot.

10 1/2

EXERCISE DIRECTIONS

1. Wear shoes and your brace (if you have one) when you perform the exercises.
2. Determine the maximum amount of weight your unaffected leg can lift. Perform each exercise with the most weight you feel you can handle. If the exercise seems easy, do it again with more weight. This is the goal you work towards with the injured leg.
3. Exercise the weaker leg ONCE A DAY, EVERY DAY. Perform the exercises SLOWLY.
4. If you are doing the exercises with the correct amount of weight, you will barely be able to complete the prescribed number of repetitions due to fatigue. Over time the exercises will become easier. Increase the weight you are using by 1 1/2 or 2 1/2 lbs. DO NOT add more repetitions but continue to increase the weight as you get stronger.
5. These exercises are designed to be performed PAIN FREE. If you experience pain while doing them, decrease the height of the lift and/or the amount of weight you are lifting. Should pain persist, call your physician.
6. When the weaker leg can lift the same weight as the stronger leg, continue the exercises with both legs in order to strengthen both of them to their maximal potentation. When you have reached this level perform the exercises once every third day.
7. At the completion of each exercise session, record the amount of weight and the number of repetitions completed on the attached chart. Bring this chart with you when you see your doctor so that he/she may objectively measure your progress.
8. You should be able to lift at least 10% of your body weight with both legs on each exercise by the completion of your program. If your strength does not increase after several weeks of effort, call your physician.

EXERCISE #1. SIDE LIFTS (HIP ABDUCTION)

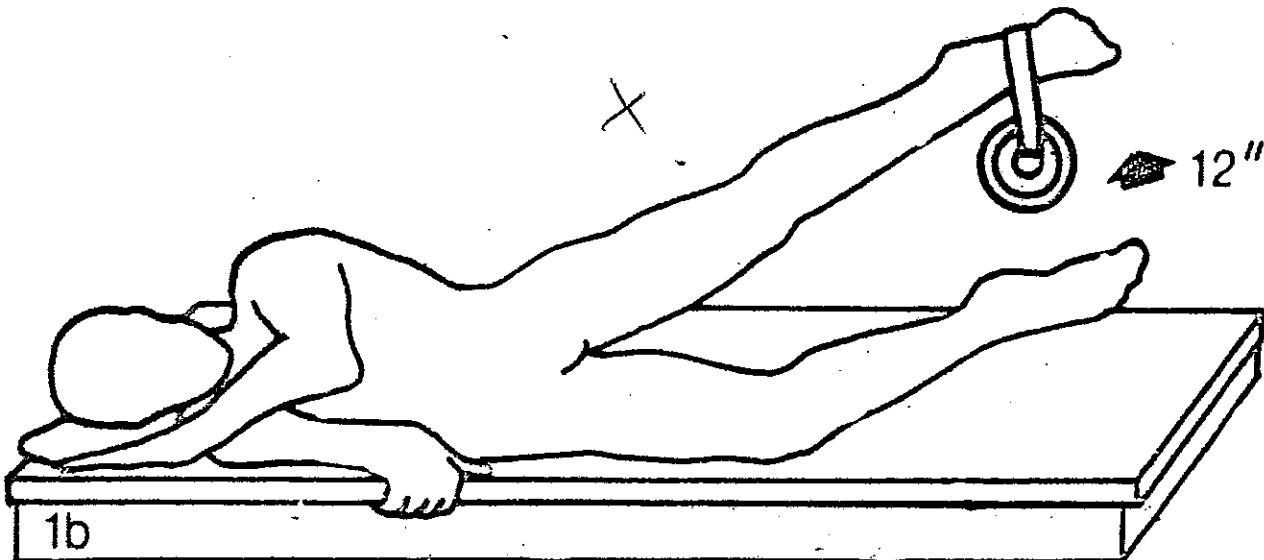
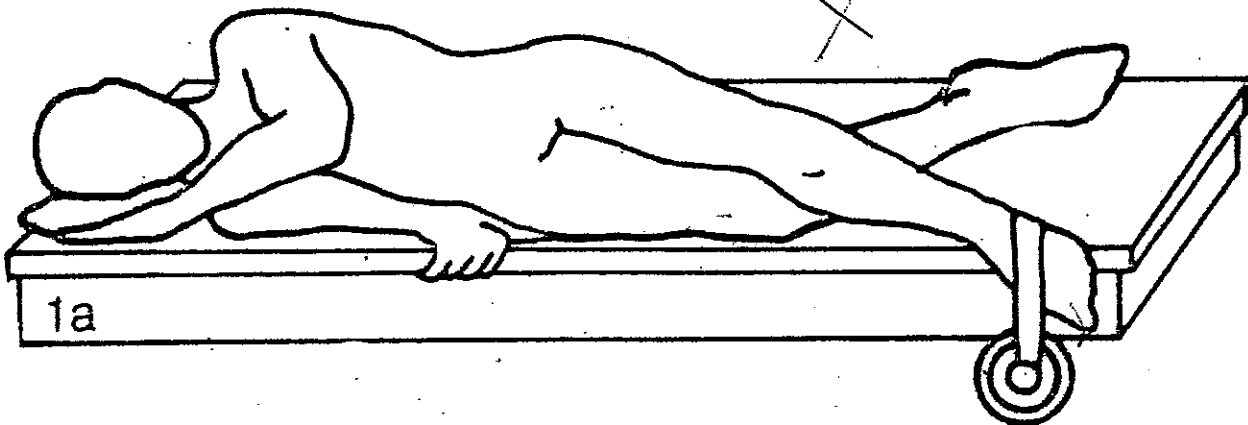
STARTING POSITION: Lie down on your side on a table or a firm mattress (1a)  
The body and the top leg must be straight, with the  
bottom leg bent at the knee. Place the weight around  
the instep of the foot over your shoe.

EXERCISE: Keeping the knee straight, SLOWLY lift the leg to a  
MAXIMUM of 12" and SLOWLY lower the leg back to the  
starting position. Perform this exercise 10 times,  
relax for 30 seconds, repeat 10 more times for a total  
of 20 repetitions.

DO NOT CAUSE PAIN

REPETITIONS: Two sets of ten repetitions.

STARTING WEIGHT: \_\_\_\_\_



EXERCISE #2. HIP FLEXION.

STARTING POSITION: Sit on a high desk, kitchen counter or a table with both legs placed over the edge and the knees bent 90° (2a). KEEP YOUR BACK STRAIGHT. Grasp the front edge of the table with both hands. The weights are secured around the instep of the foot.

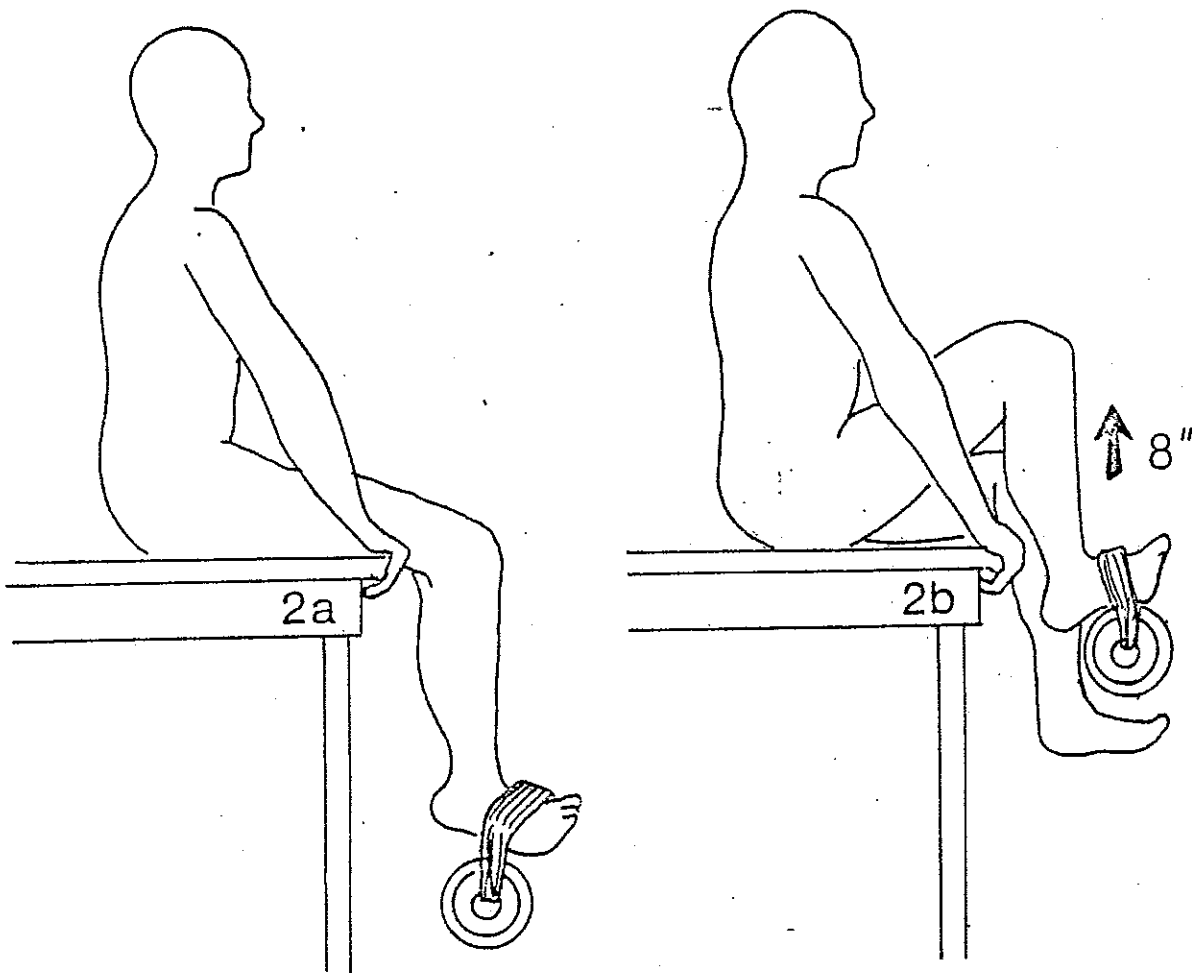
EXERCISE: Keeping the knee bent with the heel directly under the knee, SLOWLY raise the knee approximately 8" above the surface of the table (2b). SLOWLY lower to the starting position. Perform this exercise 25 times -- rest for 30 seconds -- repeat again 25 times for a total of 50 repetitions.

- NOTE:
1. DO NOT lean backwards or rock the upper body. Keep your back straight.
  2. DO grasp the edge of the table throughout the entire exercise.
  3. The weight should NEVER TOUCH THE FLOOR.

DO NOT CAUSE PAIN.

REPETITIONS: Two sets of 25 repetitions.

STARTING WEIGHT: \_\_\_\_\_



EXERCISE #3. STRAIGHT LEG RAISES - HIP FLEXORS AND QUADRICEPS.

STARTING POSITION: Lie on your back, on a table or firm surface. THE LEG TO BE EXERCISED IS STRAIGHT AND IN COMPLETE EXTENSION. THE OTHER LEG IS FLEXED (bent) at the hip and knee such that the foot is planted on the surface of the table (3a). Secure the weights around the ankle to be exercised.

EXERCISE: KEEP THE LEG TO BE EXERCISED COMPLETELY STRAIGHT. SLOWLY raise the leg until the ankle is APPROXIMATELY 12" OFF THE GROUND (3b). SLOWLY lower the leg back to the starting position. Perform this exercise 25 times, relax for 30 seconds, repeat again 25 times, for a total of 50 repetitions.

- NOTE:
1. When raising the leg, the knee must be kept STRAIGHT.
  2. NEVER touch the table with the weight.

DO NOT CAUSE PAIN.

REPETITIONS: Two sets of 25 repetitions.

STARTING WEIGHT: \_\_\_\_\_

