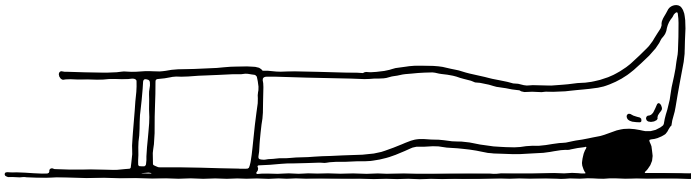


Leg Exercises

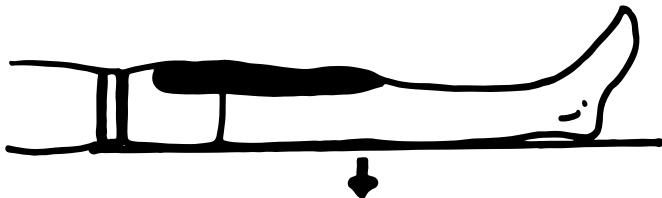
Repeat the exercises below 3 times each day.

The highlighted area shows where you'll feel the muscles working.

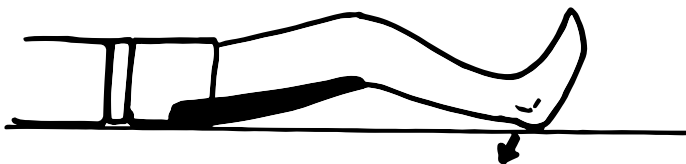
While lying down:



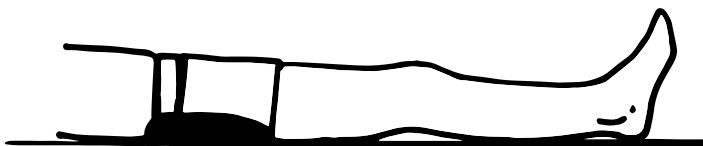
- Support your leg with a rolled-up towel under your heel.
- You should feel a stretch in your knee.
- Hold the stretch for _____ seconds.
- Relax and repeat _____ times.



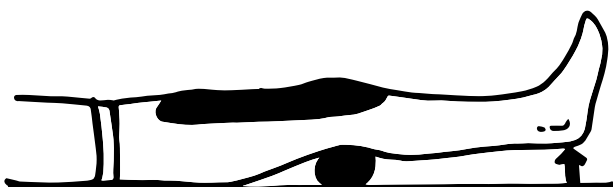
- Straighten your leg by tightening the muscles on the front of your thigh and pushing your knee into the bed.
- Hold for 5 seconds.
- Relax and repeat 10 times.



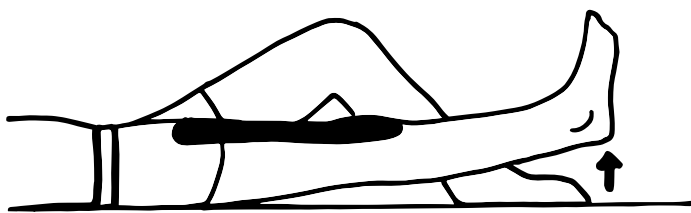
- Allow your knee to bend a little.
- Push your heel into the bed by tightening the muscles on the back of your thigh.
- Hold for 5 seconds.
- Relax and repeat 10 times.



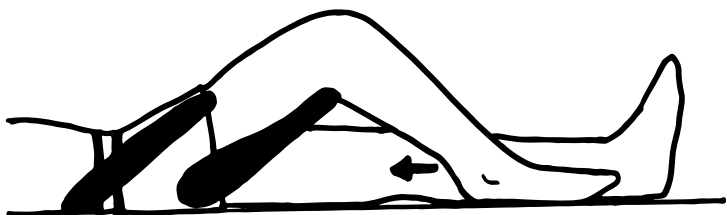
- Squeeze your buttocks together.
- Hold for 5 seconds.
- Relax and repeat 10 times.



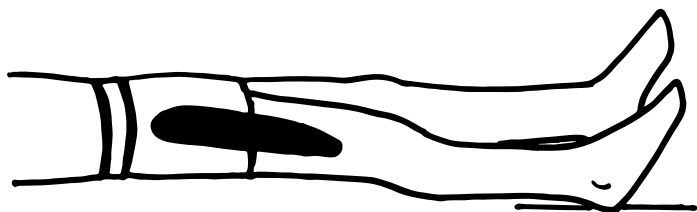
- Wrap a large can in a towel. Put it under your knee.
- Lift your foot off the bed by straightening your leg.
- **Do not lift your knee off the can.**
- Hold for 5 seconds.
- Relax and repeat 10 times.



- Bend your _____ leg and put your foot flat on the bed.
- Lift your _____ leg about 6 inches while keeping it as straight as possible.
- Hold for 5 seconds.
- Relax and repeat 10 times.

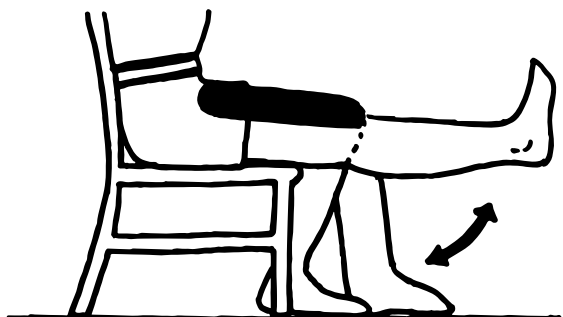


- Slide your heel towards your buttocks.
- Keep your heel and buttocks on the bed.
- Hold for 5 seconds.
- Relax and repeat 10 times.

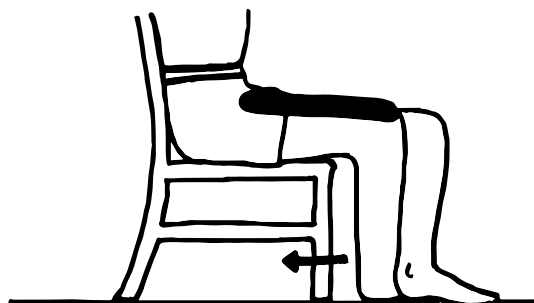


- Slide your leg out to the side.
- Keep your toes pointed at the ceiling.
- Hold for 5 seconds.
- Bring your leg back toward your other leg.
- Relax and repeat 10 times.

While seated:



- Straighten your leg as far as possible.
- Hold for 5 seconds.
- Then bring your heel as far back under the chair as possible.
- Hold for 5 seconds.
- Relax and repeat 10 times.



- Bring your heel as far back under the chair as possible.
- Cross your ankles so that you can use your _____ leg to push the other leg towards the chair.
- Hold for 15 seconds.
- Relax and repeat 5 times.

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!

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Prepared by: Physiotherapy Services©

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WB85-0956 Revised October 2017

The information in this pamphlet is to be updated every 3 years or as needed.