

HIP & KNEE LOCKED LEG EXERCISES

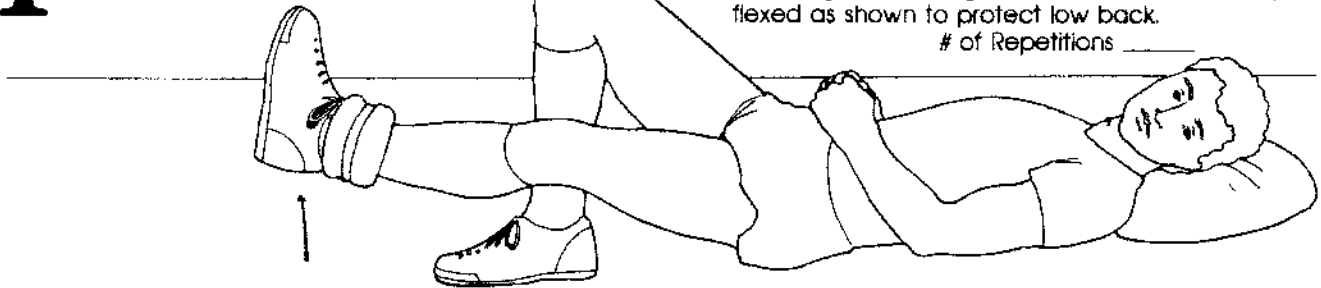
DIRECTIONS

1. THESE EXERCISES SHOULD BE DONE ONLY UNDER THE SUPERVISION OF YOUR DOCTOR AND/OR PHYSICAL THERAPIST.
2. Study each picture carefully before beginning each exercise.
3. Do each lift slowly one time. If pain occurs, adjust body alignment and/or slightly flex knee to an angle of comfort.
4. Do one set of exercises slowly. Lift and hold for 5 seconds. Do a second set rapidly.
5. Start exercises with an amount of weight you can do comfortably.
6. When you can do the exercises with no problem (no pain - no fatigue), then you can increase the ankle weights by 2½ pounds.
7. Your goal is to work up to _____ pounds.
8. Use a flat, firm surface for all the exercises.

1 STRAIGHT LEG RAISE

From position shown, with toes pointed toward body, thigh muscles tight, and leg straight, raise leg about 12 inches from floor. Leg may be slightly bent for comfort. Keep other leg flexed as shown to protect low back.

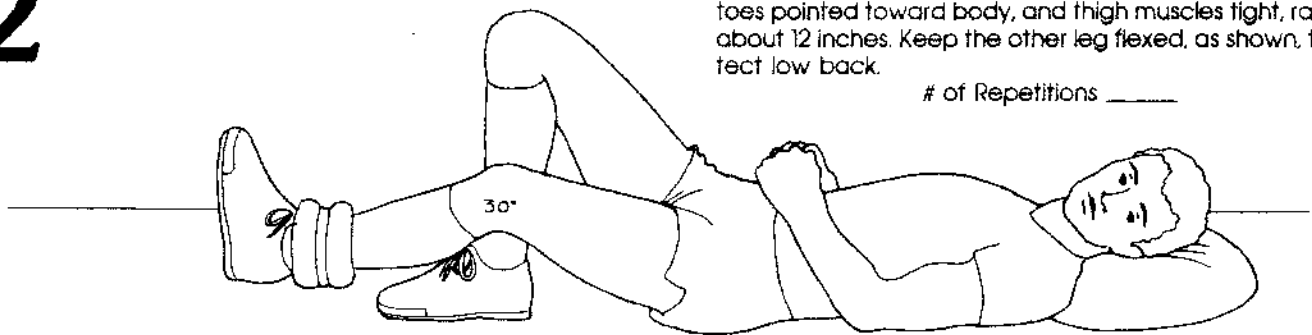
of Repetitions _____



2 BENT LEG RAISE

From position shown, with knee locked at about 30 degrees, toes pointed toward body, and thigh muscles tight, raise leg about 12 inches. Keep the other leg flexed, as shown, to protect low back.

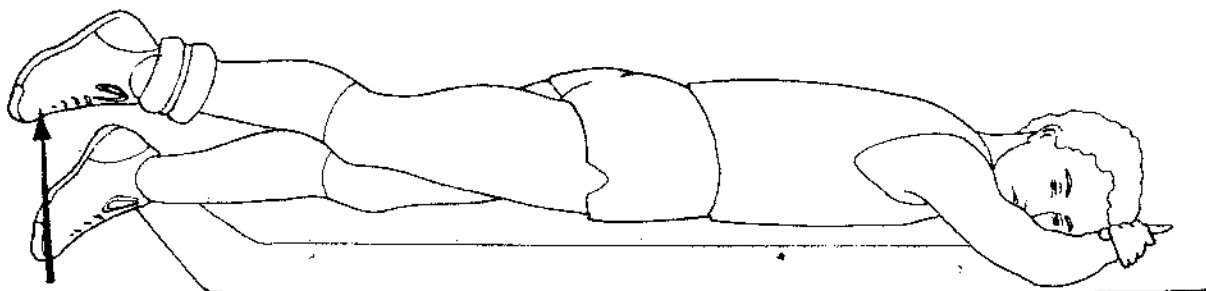
of Repetitions _____



3 STRAIGHT LEG LIFT (HAMSTRINGS)

From position shown, keeping leg straight, raise leg from hip _____ inches. Toes may point away from the body. Keep upper body flat to protect low back.

of Repetitions _____

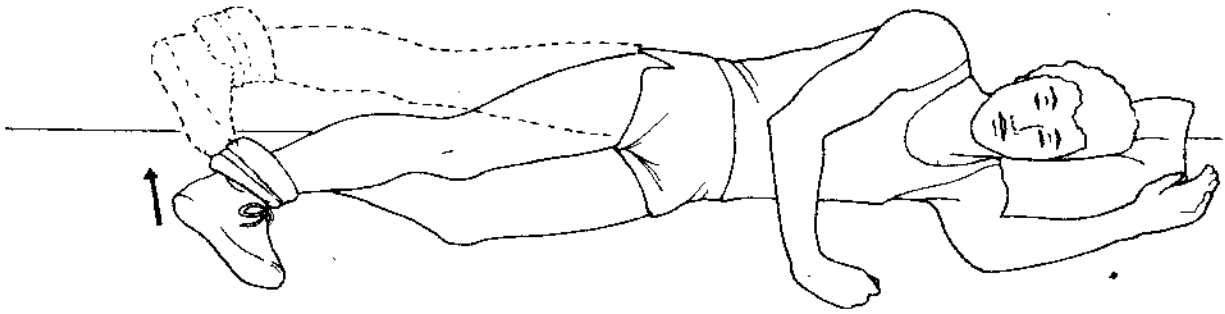


4

SIDE LEG LIFT (ABDUCTION)

With weak leg on top, bottom leg bent back, foot flexed toward body, and hips straight up and down, tighten the thigh muscles and lift leg about _____ inches up.

of Repetitions _____

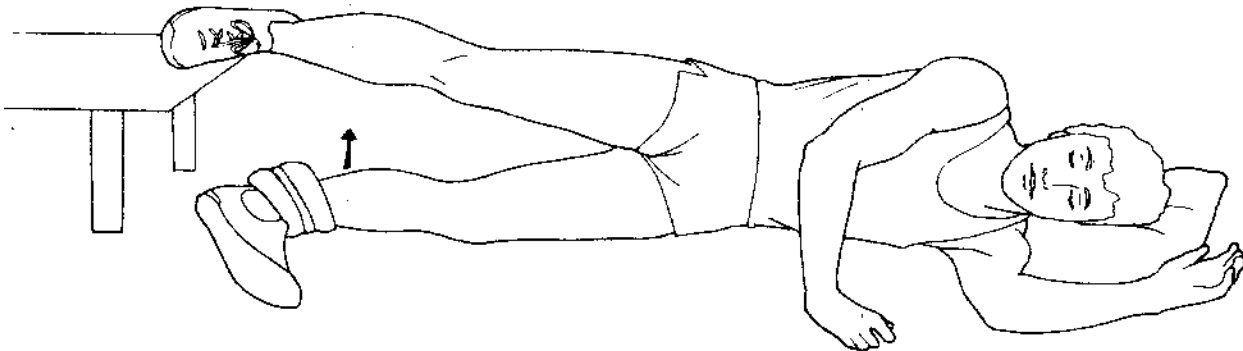


5

SIDE LEG LIFT (ADDUCTION)

With uninjured leg on a stool 10-12 inches high, and hips straight up and down, lift leg up until knees almost touch. Squeeze and hold.

of Repetitions _____



PRESCRIBED ROUTINE

EXERCISE #	# OF REPETITIONS	TIMES PER DAY	WEIGHT
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

RECOMMENDATIONS:

COMPLIMENTS OF:

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