



Physical Therapy Leg Strengthening Exercises Pdf

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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. . They are intended to improve joint flexibility and muscle strength. Your therapist will modify this program if you have any movement restrictions and provide information on the best way to . Limit exercising in excessive heat or humidity. Allow adequate resting periods. Listen to your body. Make exercise part of your daily routine. Do the highlighted or marked exercises . Do these exercises while you are sitting to help strengthen your lower body. For each exercise: Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day. Special note: If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.

Toe. Lower Extremity Strengthening – Home Exercise Program. 1. Ankle Pumps. While lying on your back, elevate your foot on pillows so it is. above the level of your heart. Slowly pump your ankle up and down as far as you can comfortably do so. Perform sets repetitions times/day. 2. Quad Sets.

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.