Leg Strengthening Exercises: In Bed

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Ankle Pumps

Gently bend ankles up & down pointing toes away from knees, then pulling them back towards knees. Move through full range of motion.

Repeat ____ times. Do ____ sessions a day.

Quadriceps Sets

Place a small rolled towel under back of knee (discontinue towel roll when no longer needed for feedback) Tighten muscles on top of thigh (**XXX**) pushing the back of knee down, into towel. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Gluteal Sets

Lying on back with legs straight, tighten buttock (**XXX**) muscles. Hold for 5 seconds.

Repeat ____ times. Do ____ sessions a day.

Short Arc Quads

Place rolled pillow or towel under back of knee. Straighten leg from knee down by tightening muscles (**XXX**) on top of thigh. Keep back of knee in contact with roll at all times.

Repeat ____ times. Do ____ sessions a day.

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Heel Slides

Bend knee, pulling heel toward buttocks through FULL range of motion. Slide heel back out until leg is fully straight.

Repeat _____ times. Do _____ sessions a day.

Heel Slides w Assist

With PROFlex strap, sheet or belt pull heel toward buttocks, bending knee until feeling a stretch. Hold 5-10 seconds.

Repeat _____ times. Do _____ sessions a day.

Hip Abduction/Adduction

Keeping leg straight and toes pointed toward ceiling, bring leg out to the side and back in. **DO NOT** pass midline of body when brining leg back in.

Repeat _____ times. Do _____ sessions a day.

Straight Leg Raise

Bend opposite knee, placing that foot flat. Flex foot, pointing toes toward ceiling. Tighten muscles on top of thigh (**XXX**). Keeping knee straight. Slowly lift leg up 8-10 inches not raising any higher than opposite bent knee.

Repeat _____ times. Do _____ sessions a day.