

Leg Strengthening Exercises: Standing

(Use a supportive surface as needed for safety)

Adaptive Equipment Corner, LLC
AECorner15@gmail.com
(P)618-206-8401

Heel Raises



Stand w/ feet shoulder width apart, keep knees straight, shift weight over front of feet. Push up, raising heels off floor. Lower back to floor.

Repeat ____ times.
Do ____ sessions a day.

Toe Raises



Stand w/ feet shoulder width apart, keep knees straight, shift weight back on heels. Lift toes up as high as possible. Lower back to floor.

Repeat ____ times.
Do ____ sessions a day.

Hip Abduction



Stand w/ feet shoulder width apart, shift weight onto one leg. Stay upright, do not lean. Move opposite leg out to side, leading out with side of foot. Return leg to starting position.

Repeat ____ times.
Do ____ sessions a day.

Hip Extension



Stand w/ feet shoulder width apart. Move one leg straight backward from hip. Keep movement small, don't arch the back. Should be felt in buttock, not in the back. Return leg to starting position.

Repeat ____ times.
Do ____ sessions a day.

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Hip Flexion (Marching)

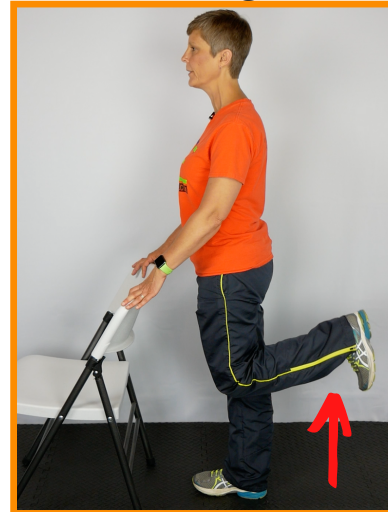


Stand w/ feet shoulder width apart. Lift one leg up as high as possible bending knee. Lower foot back to floor. Alternate legs as if "marching" or perform one side at a time.

Repeat ____ times.

Do ____ sessions a day.

Hamstring Curl



Stand w/ feet shoulder width apart. Bend knee bringing heel toward buttock. Keep knee pointed toward floor, do not bend hip. Lower foot back to floor.

Repeat ____ times.

Do ____ sessions a day.

Small Knee Bend



Stand w/ feet flat on floor, shoulder width apart. Bend knees, stick buttocks slightly backwards, like sitting down. Do not allow knees to slide forward past toes. Straighten knees, return to starting position.

Repeat ____ times.

Do ____ sessions a day.