

LOWER EXTREMITY EXERCISES

1



HEEL SLIDES

- Sit on a table with leg straight out in front.
- Place towel under the heel of your foot, and pull towel to slide heel back, allowing the knee to bend.
- Repeat ___ times.
- Do ___ sessions per day.

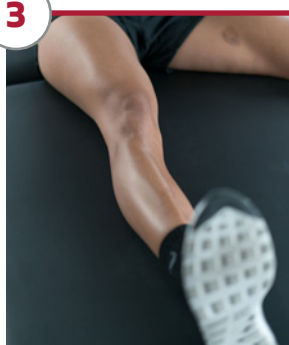
2



PRONE HANGS

- Lie on table on your stomach with knees hanging off.
- Remain in this position for 1-5 minutes, allowing gravity to pull your lower leg down.
- Repeat ___ times ___ minutes
- Do ___ sessions per day.

3



QUAD SETS

- Sit with legs straight out in front.
- Tighten your quadriceps by pressing back of knee downward.
- Hold for 5 seconds, rest for 10 seconds
- Repeat ___ times
- Do ___ sessions per day.

4



KNEE EXTENSION WITH WEIGHT

- Place weight on ankle **right or left (circle one)**.
- Sit on a table or chair with knee bent to 90°.
- Slowly straighten leg through available range of motion.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

5



KNEE FLEXION WITH WEIGHT

- Lie face down and place weight on ankle.
- Begin with leg straight.
- Bend leg through available range of motion.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

6



TERMINAL KNEE EXTENSION (TKE) WITH RESISTANCE BAND

- Wrap resistance band around back of **right or left (circle one)** knee and attach other end around leg of a chair or table.
- Beginning with knee slightly bent, gently straighten leg back.
- Do NOT overextend.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

7



HIP EXTENSION WITH WEIGHT (PRONE)

- Lie face down and place weight around ankle.
- Move leg up toward ceiling, keeping leg straight throughout movement.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

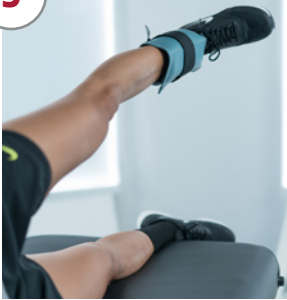
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HIP FLEXION WITH WEIGHT

- Lie on back and place weight around ankle.
- Raise **right or left (circle one)** leg up toward ceiling, keeping leg straight throughout movement.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

9



HIP ABDUCTION WITH WEIGHT

- Lie on **right or left (circle one)** side and place weight around ankle.
- Lift leg upward toward ceiling, keeping leg straight throughout movement.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

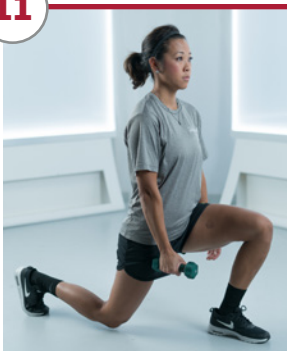
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HIP ADDUCTION WITH WEIGHT

- Lie on side and place a weight around **right or left (circle one)** ankle.
- Cross leg over the leg with the weight that is on the ankle.
- Lift the leg with the weight upward toward the ceiling. Keep the leg straight throughout the movement.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

11



LUNGE SQUAT (STATIONARY) WITH WEIGHT

- Hold weights in hands.
- Step one leg forward and slowly bend both knees to lower trunk
- Straighten legs to rise up.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

12



WALL SQUATS

- Place ball between back and wall.
- Slowly bend knees to 90°
- Hold for 5 seconds and return to starting position.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

13



STEP-UPS (FORWARD/LATERAL) WITH WEIGHTS

- Hold weights in hands and place one foot on step.
- Step up, straightening leg on box before stepping up with other foot.
- Lower one foot off, and repeat.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

14



ECCENTRIC STEP-DOWNS

- Hold weights in hands and place **right or left (circle one)** leg on step.
- Lower foot toward floor, only allowing heel to touch.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

15



ROMANIAN DEADLIFT WITH WEIGHTS

- Beginning in a tall posture, hold weights in hands, out in front of thighs.
- Push hips back, keeping weights close (sliding against thighs), keeping knees slightly bent.
- Squeeze glutes to rise back to starting position.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

16



TRIPLE THREATS

- Lie on back and place heels on ball.
- Raise hips up off ground.
- While pushing heels into ball, pull ball in toward glutes.
- Push ball back out and lower hips back down.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

Download exercises from
houstonmethodist.org/at-resources

