LOWER EXTREMITY EXERCISES

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

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

3. QUAD SETS
   a. Sit with legs straight out in front.
   b. Tighten your quadriceps by pressing back of knee downward.
   c. Hold for 5 seconds, rest for 10 seconds
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

4. KNEE EXTENSION WITH WEIGHT
   a. Place weight on ankle right or left (circle one).
   b. Sit on a table or chair with knee bent to 90°.
   c. Slowly straighten leg through available range of motion.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

5. KNEE FLEXION WITH WEIGHT
   a. Lie face down and place weight on ankle.
   b. Begin with leg straight.
   c. Bend leg through available range of motion.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

6. TERMINAL KNEE EXTENSION (TKE) WITH RESISTANCE BAND
   a. Wrap resistance band around back of right or left (circle one) knee and attach other end around leg of a chair or table.
   b. Beginning with knee slightly bent, gently straighten leg back.
   c. Do NOT overextend.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.
**Hip Extension with Weight (Prone)**

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

**Hip Flexion with Weight**

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

**Hip Abduction with Weight**

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

**Hip Adduction with Weight**

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

**Lunge Squat (Stationary) with Weight**

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

**Wall Squats**

- **a.** Place ball between back and wall.
- **b.** Slowly bend knees to 90°
- **c.** Hold for 5 seconds and return to starting position.
- **d.** Repeat ___ times ___ sets
- **e.** Do ___ sessions per day.
STEP-UPS (FORWARD/LATERAL) WITH WEIGHTS
a. Hold weights in hands and place one foot on step.
b. Step up, straightening leg on box before stepping up with other foot.
c. Lower one foot off, and repeat.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

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

TRIPLE THREATS
a. Lie on back and place heels on ball.
b. Raise hips up off ground.
c. While pushing heels into ball, pull ball in toward glutes.
d. Push ball back out and lower hips back down.
e. Repeat ___ times ___ sets
f. Do ___ sessions per day.

Download exercises from houstonmethodist.org/at-resources