



Personal exercise program

Lower limb strengthening (advanced)

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Start on hands and knees.

Stretch one leg behind you and opposite arm in front. Hold your straight leg so your foot is the same height as your bottom. Hold this position for 10 secs. Return your knee and hand slowly to floor.



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Try not to wobble, and keep your hips straight and your back flat (imagine a tray of drinks is balanced on your lower back, if your hip drops down on one side then the tray will fall off!)

Repeat 5 times each side.

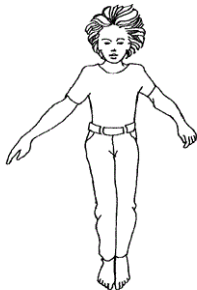


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Stand on right leg and hop:

Forwards
Backwards
Sideways

Repeat on other leg.

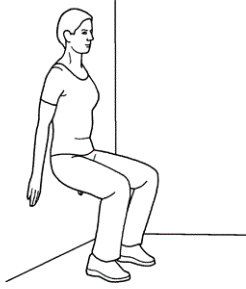


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Jump up and down on the spot with your feet together.

Try jumping:
Forwards
Backwards
Sideways

Do this in time to someone else clapping or include it as part of a game. Try have a competition to see how far forward you can jump or how high you can jump.



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Stand leaning with your back against a wall and your feet about 20 cm from the wall.

Make sure both feet are point forwards, that your feet and knees both have a gap between them (hip width apart). Slowly slide down the wall until your hips and knees are at right angles.

Hold for 10 seconds. Return to starting position.

Repeat 6 times.

Make sure to keep your back against the wall.

To make this harder sink down lower when bending your knees or try hold the position for as long as you can.



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Single-leg Bridge

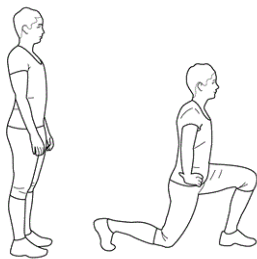
Lie on your back with knees bent. Squeeze your bottom muscles and tummy muscles.

Lift your bottom off the floor and straighten one knee. Hold for 10 secs.

Make sure your feet remain flat on the floor. Try not to wobble!

Bend the knee, lower the foot on the floor and return to the starting position.

Repeat 6 times each leg.



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Lunge

Stand tall with feet hip-width apart.

Take a long step forward so that most of your weight is on your front leg. Bend your front knee so it is at a right angle. Your back knee should also be at a right angle. Keep up tall (don't lean your body forwards or back) and don't let your front knee go over your toes.

Push up through the heel of your front leg, straighten the leg and step forward with your back leg so your feet are together.

Repeat leading with the other leg first. You will start to move across the room in a "lunge walk".

Repeat 10 times in total.



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Stand. Hold onto stable furniture for support and bend one leg so your foot is off the floor.

Keep your back straight and don't lean forwards or to the sides.

Bend your standing knee as far as you can. Hold 3 seconds.

Repeat 6 times each leg. Repeat on other leg.

To make this harder try completing independently without holding onto furniture for support.

To make this harder increase the time you hold the bent leg for or increase repetitions.

Lie on your side with your knees bent. Squeeze your tummy muscles and the muscles in the side of your leg and bottom.



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Lift your top knee as far as you can to make space between your knees. Hold 5 seconds.

Do not let your hip fall forward or back. Keep your feet together during the exercise.

Repeat 10 times each leg.

Lying on your side supporting yourself on your elbow. You can use your top arm to support yourself in front.



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Keeping top leg straight lift it up towards the ceiling. Squeeze your muscles in the side of your thigh and your bottom muscles. Make sure the leg stays in line with your body and toes point forwards.

Hold 5 seconds.

Repeat 10 times each leg.
