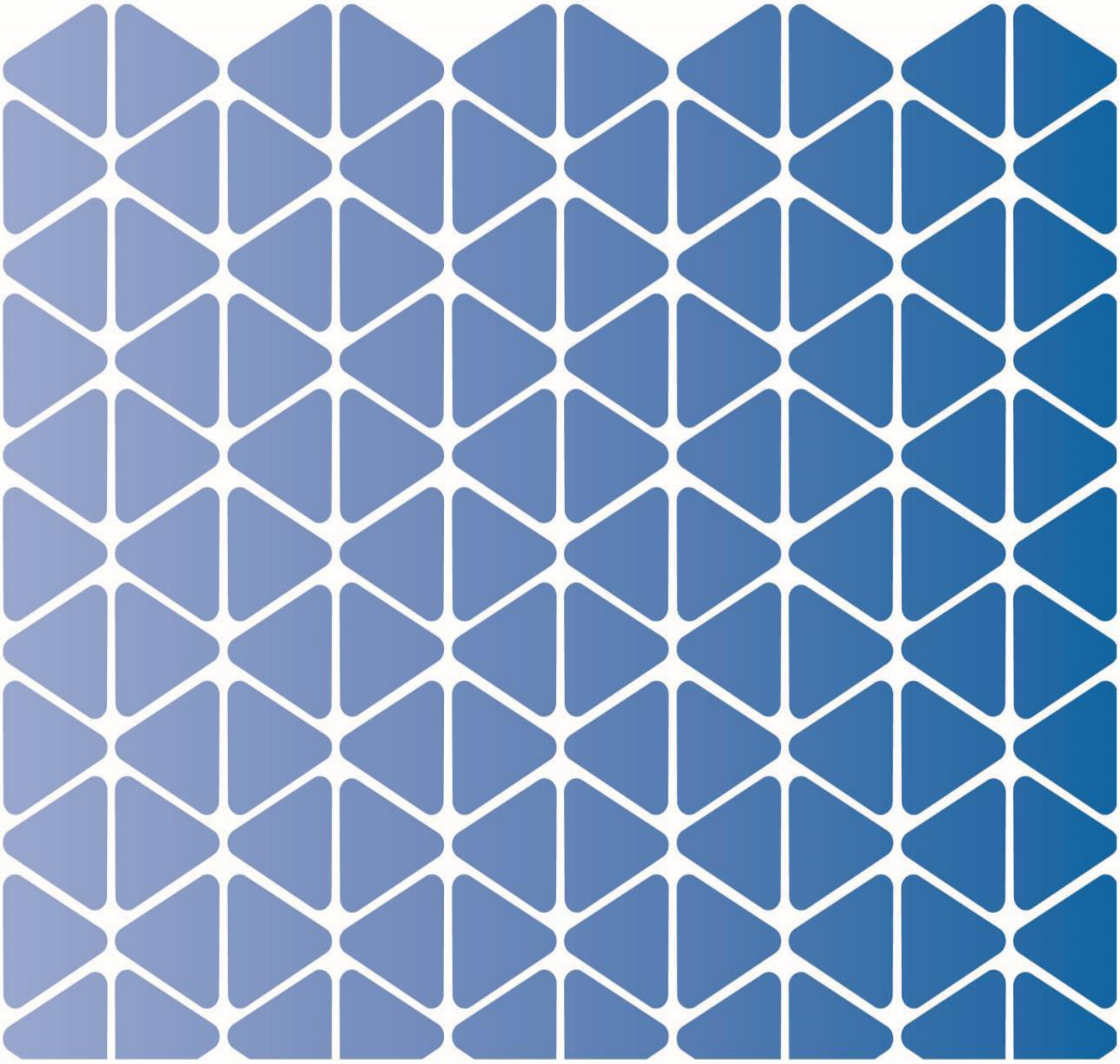
NHS
Worcestershire Acute Hospitals NHS Trust

PATIENT INFORMATION

Physiotherapy Department

LOWER LIMB STRENGTHENING EXERCISES



Introduction

This leaflet is designed to help you with exercises to strengthen the key muscle groups in your legs.

Your Physiotherapist will guide you with regards to the frequency and number of repetitions you need to do.

Exercise Programme

Please only complete the exercises that have been ticked by your Physiotherapist. For standing exercises please ensure you have a solid surface to hold onto for balance.

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<td rowspan="2">Ankle movements

There are four ankle movements you can practice, lifting the toes up, pushing them down, turning the foot in and out.

Exercise to improve your range of movement and strength can be completed in lying sitting or standing.

Ensure that the movement is only occurring at your ankle and is controlled throughout.</td>
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<td>Active knee extension

Lie on your back.

Pull your toes up towards you and tighten the muscles on your thigh (quadriceps) to push your knee as straight as you can.

Hold the tension for 5 seconds then relax.</td>
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☐		**Glute squeezes** Clench your bottom cheeks firmly together. Hold for 5 seconds and relax.
☐		**Hip abduction** Lie on your back, move your leg out to the side. Keep your leg straight and knee/toes pointing up to the ceiling throughout.
☐		**Hip flexion** Lie on your back with your legs straight. Bend your knee by sliding your heel towards your buttocks and return to the starting position.
☐		**Inner range quadriceps** Lying or sitting on the bed with your legs out in front of you, place a rolled towel or a pillow under your knee. Keeping the back of your knee on the towel or pillow, straighten your knee as much as possible so your heel lifts off the bed. Hold for 5 seconds and slowly lower your heel back to the bed.

☐		**Bent knee fall out** In lying, bend both knees up so that your feet are flat on the bed. Whilst keeping one knee still (imagine you are balancing a cup of water on it) roll the other leg out to the side, slowly and carefully. Bring the leg back to the middle, tightening your stomach muscles as you go.
☐		**Bridging** Lie on your back with your knees bent and feet hip width apart. Draw in your abdominals and tighten your buttocks. Tilt your pelvis backwards and lift your bottom up followed by your back segment by segment. Lower your bottom down slowly in a controlled manner. Don't let your back arch during the lift.
☐		**Clam** Lying on your side, bend your knees so that your heels are in line with your bottom. Keep your back straight and do not roll backwards. Keeping your heels together, lift the top knee a few inches as able. Hold and then slowly lower.

☐		**Leg extension in sitting** Sit comfortably in a chair with your back straight. Moving slowly and with control, straighten the knee, pointing your toes to the ceiling. Hold the leg straight for a few seconds then lower to the floor.
☐		**Marching in sitting** Sit tall in a chair. Slowly raise your legs alternately in a controlled manner.
☐		**Sit to stand/stand to sit** Sit in a comfortable and supportive chair. Move in a controlled manner from sitting to standing. Ensure that you stand tall, with your hips and knees straight. You may need to use your arms to push up initially but completing the move without using your arms is a bigger challenge.

☐		**Hip abduction in standing** Stand tall holding onto a support. Take your leg out to the side and bring it back. Keep your trunk straight throughout the exercise and your toes pointing forwards.
☐		**Hip extension in standing** Stand tall holding onto a support. Squeeze your buttocks and take one leg back, keeping your knee straight. Keep your trunk straight throughout the exercise.
☐		**High knees** Stand, holding onto support as needed. Lift your leg, bringing your knee up towards you. Complete a set on each leg and then alternately lifting on leg and then the other.

☐		**Knee bends** Stand, holding onto support as needed. Bend your knee, taking your foot towards your bottom. Lower your foot back to the floor in a controlled manner.
☐		**Mini squat** Stand, holding onto a support. Squat down and at the same time allow your pelvis to move slightly backwards. Straighten your knees and hips returning to the starting position.

If you have any questions about this information, please contact the Physiotherapy Department at the hospital where you had your treatment between 8:30am and 4:30pm Monday to Friday on the direct dial numbers below:-

Worcestershire Royal Hospital
01905 760622 / 760187

Alexandra Hospital
01527 512114

Kidderminster Hospital and Treatment Centre
01562 513066

Feedback for Inpatient Therapies

Please scan the QR code or follow the link below:

If you have been seen by a Physiotherapist or Occupational Therapist during your admission, please leave us some feedback by scanning the QR code or following the link and filling in the short survey.



https://apps.worcsacute.nhs.uk/PublicSurvey/AHPFeedback

Ward admitted to:_____

Therapy team who treated you: _____

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.