

Lower Extremity Strengthening Exercises In Supine

The purpose of these exercises is to increase circulation to your leg, decrease swelling, and increase leg strength and flexibility.

General Instructions

1. You should do all your exercises at least twice a day. However, three times a day would be better. Limit number of repetitions to 8 to 10.
2. The exercises are both legs.
3. All your repetitions pain or pressure while exercising, perform one more repetition and then rest. When you feel your exercise, indicated by your repetition.
4. Do not hold your breath while exercising. Breathe normally.

Ankle Pumps

Position: Lying on your back on an eating

Action: Pull one leg up and then pump foot down as far as possible keeping leg straight.



Quad/legset Hold

Position: Lying on your back with legs straight

Action: Tighten your thigh muscle by drawing your knee against the surface. Hold for a count of five. Relax. Repeat.



Gluteal Hold

Position: Lying on your back with legs straight

Action: Squeeze buttocks together. Hold for a count of five. Relax. Repeat.



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