

281 East Hundred Road • Chester, Virginia 23836
13911 St. Francis Blvd., Suite 104 • Midlothian, Virginia 23114
P: 804.452.1635 • F: 804.452.1638 • www.goOrtho.net • info@GoOrtho.net

LOWER EXTREMITY STRENGTHENING



Tighten this muscle and hold for 2 seconds, do this 20 times, and do 2 or more sessions each day. It is wise to do these exercises for both legs, and also a good way for you to monitor your progress by comparing your strength in your affected leg to that in your unaffected leg.

Strengthening Hamstring Sets



With foot turned outward, tighten muscles on back of thigh by pulling heel down into the floor or table. Hold 2 seconds Repeat 20 times Do 2 sessions per day

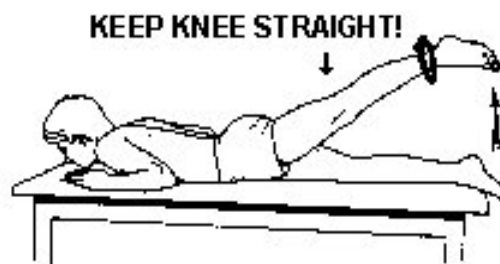
Strengthening Side Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches

Hold 2 seconds Repeat 20-40 times
Do 2 sessions per day.

Strengthening Prone Hip Extension



Lying on stomach, tighten muscles on front of thigh, lift 8-10 inches from floor

Hold 2 seconds Repeat 20-40 times
Do 2 sessions per day

Strengthening Straight Leg Raise



Tighten muscle on front of thigh, then lift leg 8-10 inches from floor or table.

Hold 2 seconds Repeat 20-40 times
Do 2 sessions per day