

LOWER EXTREMITY STRENGTHENING



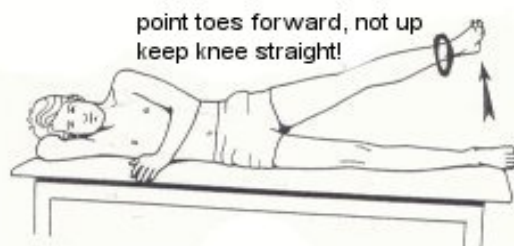
Tighten this muscle and hold for 2 seconds, do this 20 times, and do 2 or more sessions each day. It is wise to do these exercises for both legs, and also a good way for you to monitor your progress by comparing your strength in your affected leg to that in your unaffected leg.

Strengthening Hamstring Sets



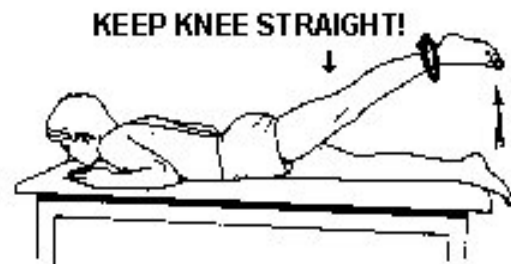
With foot turned outward, tighten muscles on back of thigh by pulling heel down into the floor or table.
Hold 2 seconds Repeat 20 times
Do 2 sessions per day

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

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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