

JOHN LANT & PARTNERS

OSTEOPATHS

206 CHESTERTON ROAD CAMBRIDGE CB4 1NE

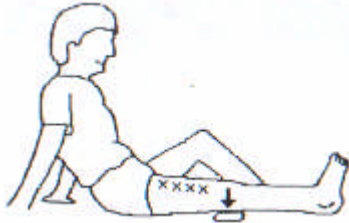
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Advice Sheet AS24: Leg Exercises

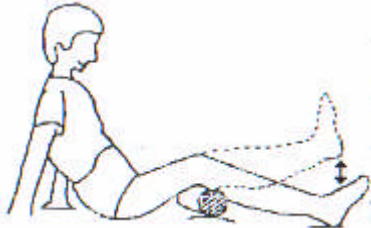
1) Static Quadriceps exercise:

Pull feet towards you.
Brace thigh down onto bed over a piece of sponge.
Hold for count of 5 – Relax



2) Inner range Quadriceps:

Place rolled up towel under thigh.
Pull foot towards you.
Raise heel from floor and straighten
The knee - Hold for count of 5 –



Relax.

3) Quadriceps through 90°

Sit on edge of chair
Pull foot towards you
Straighten leg slowly

Hold for count of 5 – Relax



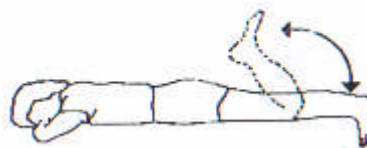
4) Straight leg raise:

Pull foot towards you. Brace thigh muscle to hold
Leg straight. Raise straight leg up a few inches from the floor.
Hold for count of 5.
Slowly lower.



5) Hamstring strengthening:

Lying on tummy
Bend knee, heel towards bottom
Slowly straighten.



6) Calf exercises:



Standing
Raise up and down onto toes