

# Lower Body (Proximal Muscle) Exercises

## Physical Therapy Home Program

Name \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_ Phone number \_\_\_\_\_

### Instructions

- To make exercises harder, slowly increase the number of reps (repetitions).
- Work hard, but stay within your level of comfort.
- Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.
- Do not hold your breath as you exercise. Breathe out as you move. Breathe in when you're in the resting (starting) position.
- Use a sturdy surface (like a kitchen counter) for balance during standing exercises.

### How often to exercise

Do these exercises: \_\_\_\_\_  
\_\_\_\_\_

### Special instructions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Lying kicks

Lie on your back. Place a rolled-up blanket under your knee. Straighten your knee, resting the back of your thigh on the blanket the whole time.

Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

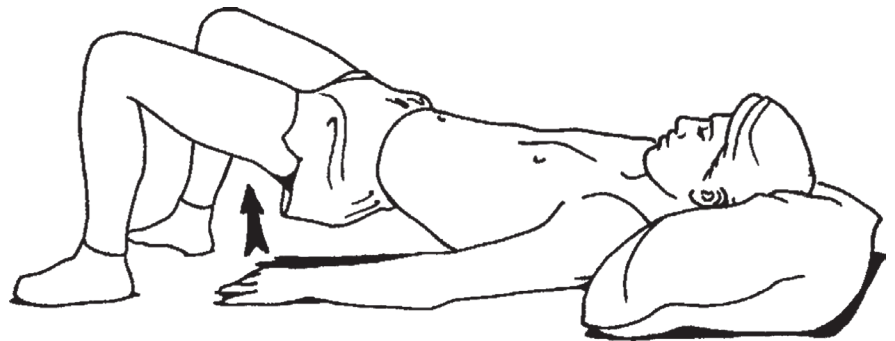
Repeat with other leg.



## Bridging

Lie with your knees bent and feet flat on the bed. Tighten the muscles in your stomach and buttocks, then slowly lift your hips up off the bed.

Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



## Straight leg raises

Lie on your back. Bend one leg, placing your foot flat on the bed. With your other knee straight, tighten your thigh muscle and lift your leg several inches off the bed. Keep your leg straight.

Hold for \_\_\_\_\_ seconds, then slowly lower your leg.

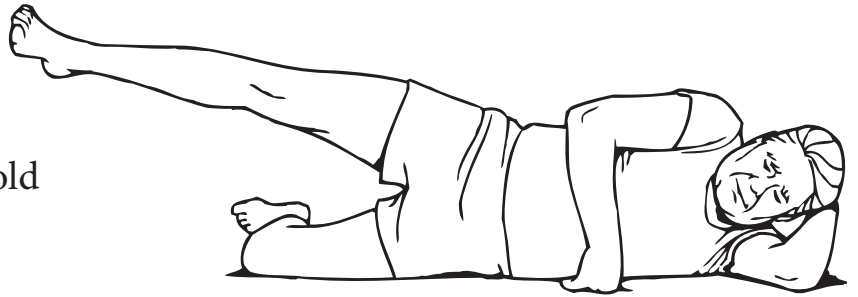
Repeat \_\_\_\_\_ times with each leg.



### Hip abduction

Lie on your side. Keep your top leg straight. Slowly raise the top leg. Hold for \_\_\_\_\_ seconds, then relax.

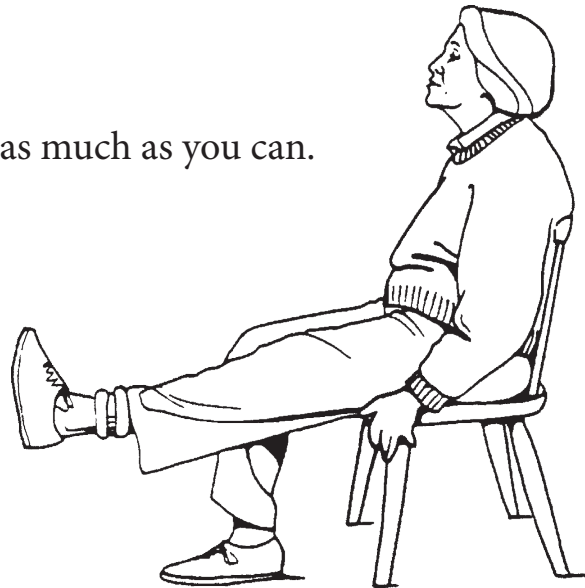
Repeat \_\_\_\_\_ times with each leg.



### Sitting kicks

While sitting, straighten the knee of one leg as much as you can. Hold your leg up for \_\_\_\_\_ seconds.

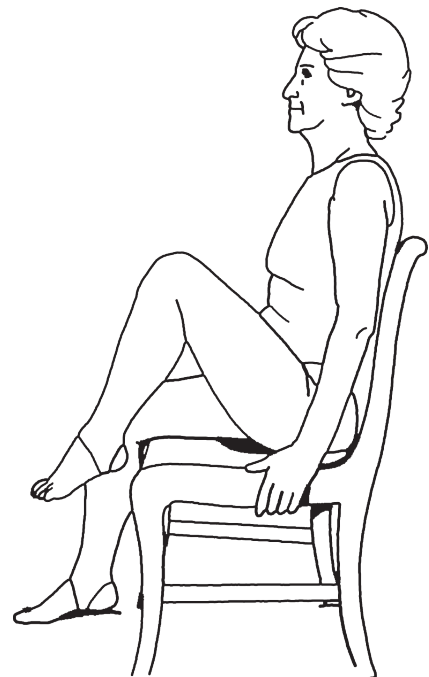
Repeat \_\_\_\_\_ times with each leg.



### Knee raises

While sitting, lift and lower one knee, then the other.

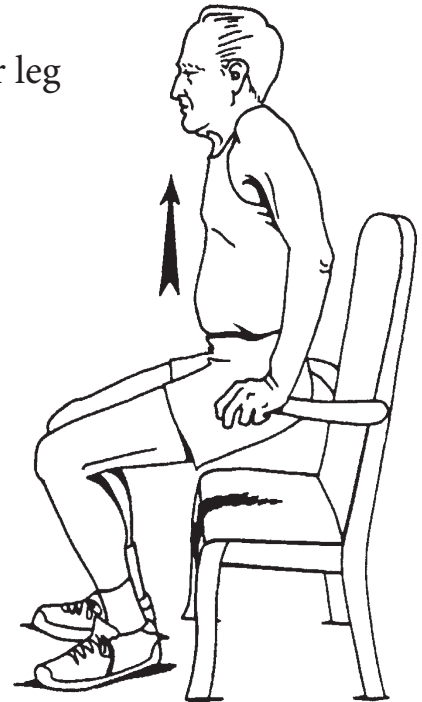
Repeat \_\_\_\_\_ times with each leg.



### Sit to stand

Sit in a chair with arms. Slowly stand, pushing up with your leg muscles. Use your arms for balance.

Repeat \_\_\_\_\_ times.



### High stepping

Stand with your back straight. Slowly march in place.

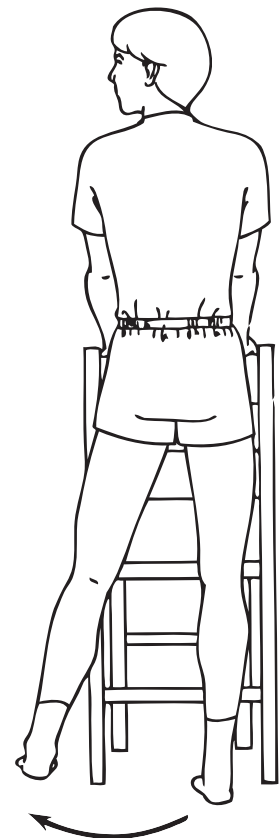
Repeat \_\_\_\_\_ times.



### Side kicks (hip abduction)

Keeping your toes pointed forward and knee straight, slowly kick one leg out to side. Do not lean to the side.

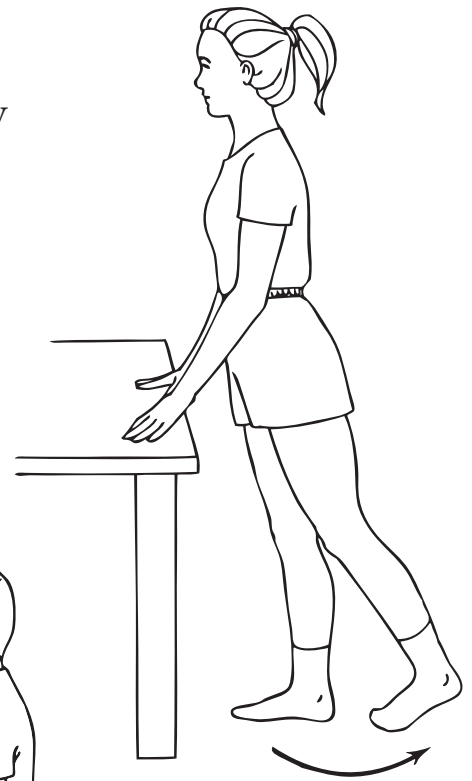
Repeat \_\_\_\_\_ times with each leg.



### Backward kicks (hip extension)

Keeping your toes pointed forward and knee straight, slowly kick one leg back. Do not lean forward.

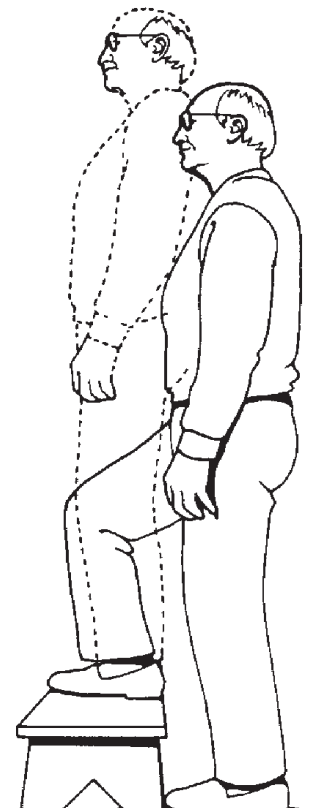
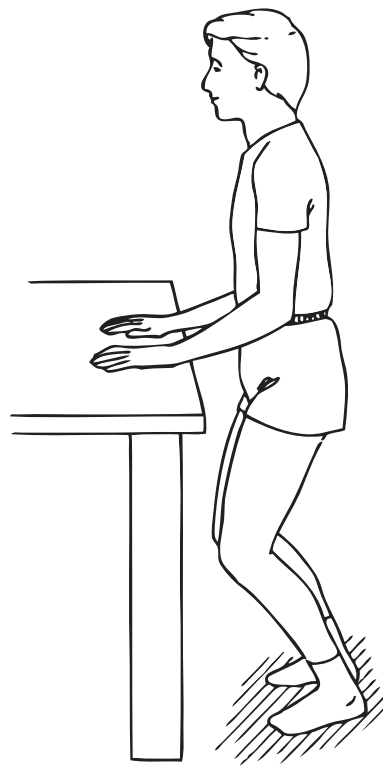
Repeat \_\_\_\_\_ times with each leg.



### Knee bends

Stand with your feet a little wider than shoulder-width apart. Slowly bend your knees, as if you were going to sit in a chair. Keep your knees behind your toes. Return to your starting position.

Repeat \_\_\_\_\_ times.



### Step exercise

Step up onto a \_\_\_\_\_ inch step. Slowly step down.

Repeat \_\_\_\_\_ times with each leg.