

Pt Sticker or, complete the following

Name: \_\_\_\_\_

Address: \_\_\_\_\_

DOB: \_\_\_\_\_

Ph: (h): \_\_\_\_\_

(m): \_\_\_\_\_

URN: \_\_\_\_\_

(w): \_\_\_\_\_

## Physiotherapy

# Seated Lower Limb Strengthening Exercises

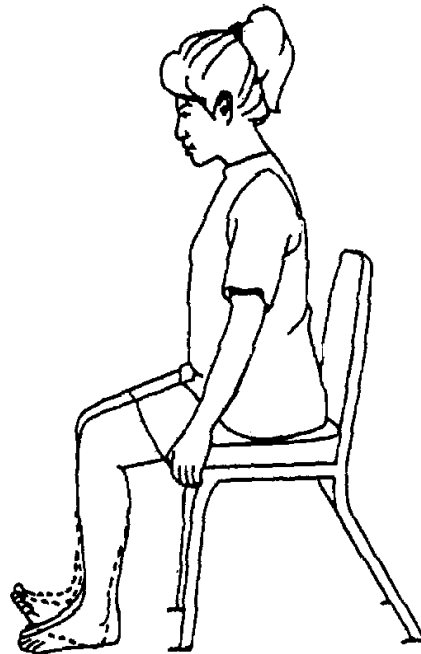
### 1. Seated Knee Extension

- Sit on a chair with your back well supported.
- Straighten one leg slowly out in front; pull toes towards your head.
- Lower the leg slowly.
- Complete the same exercise on your other leg.
- Repeat \_\_\_\_ times/per leg.
- Do \_\_\_\_ sets.



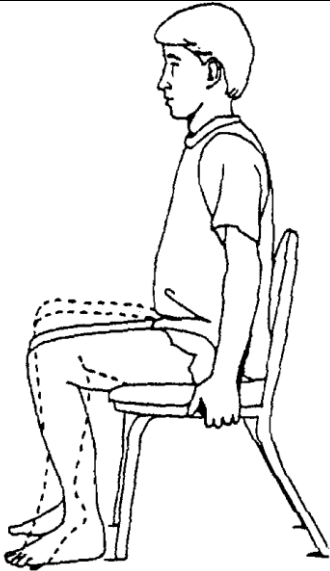


### 2. Seated Toe Raise

- Sitting in the chair.
- Raise toes off floor, keeping heel on floor, alternating between each foot.
- Repeat \_\_\_\_ times.
- Do \_\_\_\_ sets.



\*25110\* Advice or Information

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<p><b>3. Seated Heel Rise</b></p> <ul style="list-style-type: none"> <li>• Sitting in the chair.</li> <li>• Raise heel off the ground, alternating between each foot.</li> <li>• Repeat ____ times.</li> <li>• Do ____ sets.</li> </ul>	
<p><b>4. Seated Knee Flexion</b></p> <ul style="list-style-type: none"> <li>• Sitting in a chair with your feet on the floor.</li> <li>• Bend your knee back under the chair as far as possible.</li> <li>• Complete the same exercise on your other leg.</li> <li>• Repeat ____ times/leg.</li> <li>• Do ____ sets.</li> </ul>	
<p><b>5. Seated Hip and Knee Flexion</b></p> <ul style="list-style-type: none"> <li>• Sitting in a chair with your feet on the floor.</li> <li>• Bend one hip and knee up towards your chest and then complete with your other leg, like you are marching on the spot.</li> <li>• Repeat ____ times.</li> <li>• Do ____ sets.</li> </ul>	

*If you have any concerns with this advice or exercises, please contact your physiotherapist*

Revised September, 2014

Combination of Otago Exercise Programme to Prevent Falls in Older Adults and Exercises from Physio Tools  
Q:\CS\Central\DCE\DCE - TCH &HS\HealthCARE Improvement\Patient Experience Leader\Consumer Handout Committee\Current publications\Electronic Copies -Handouts\CSS\AH Physio\Neuro Seated Lower Limb Strengthening Exercises.doc