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.
3. **Seated Heel Rise**
   - Sitting in the chair.
   - Raise heel off the ground, alternating between each foot.
   - Repeat ___ times.
   - Do ___ sets.

4. **Seated Knee Flexion**
   - Sitting in a chair with your feet on the floor.
   - Bend your knee back under the chair as far as possible.
   - Complete the same exercise on your other leg.
   - Repeat ___ times/leg.
   - Do ___ sets.

5. **Seated Hip and Knee Flexion**
   - Sitting in a chair with your feet on the floor.
   - Bend one hip and knee up towards your chest and then complete with your other leg, like you are marching on the spot.
   - Repeat ___ times.
   - Do ___ sets.

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