

GENERAL STRENGTH TRAINING EXERCISES FOR LOWER EXTREMITIES

PURPOSE

To increase and maintain muscle strength, increase and maintain range of motion, increase endurance and aid in improving circulation.

INSTRUCTIONS

Complete exercises **three (3)** times a day.
Begin with **ten (10)** repetitions of each exercise.
Increase repetitions as tolerated to **twenty (20)**.

LYING ON YOUR BACK

1 Keep legs straight, pump ankles up and down.



ANKLE PUMPS

2 Keeping legs straight, push down into the bed with the back of your knees. Hold for the count of five, then relax.



QUAD SETS

3 Squeeze buttocks together. Hold for the count of five, then relax.



GLUT SETS