Lower limb exercises

Guidance on the amounts of each exercises you should aim to do are provided, but let pain be your guide and only do as much as you can within the amounts given.

Aim to do the exercises three times a day.

Knee

**Static Quads**
Sit on the floor or a bed with your injured leg straight out in front of you. Gently tense your thigh muscle and try to flatten your knee into the supporting surface.

Hold for 10 seconds and repeat 7-10 times

**Knee flexion and extension**
Lay on the floor or a bed with both legs straight. Bend your injured leg as far as you can then straighten it back out. Bend your leg as far as you feel comfortable.

Repeat 7-10 times

**Knee extension while sitting**
Sit on a chair. Straighten your injured leg as far as you can then bend it back down.

Repeat 10 times

If you can, hold your leg straight for up to 5 seconds
Ankle

**Ankle stretch**
Sit with your legs straight out in front of you. Put a towel/bandage around the foot of your injured leg and pull it towards you. You should feel a stretch in the back of your calf.

Hold this for up to 30 seconds and repeat 3 times.

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**Ankle and foot range of movement exercises**
Sit on the floor or on a bed with your legs straight out and your toes pointing towards the ceiling:

1. Point your foot up and down within a comfortable range of movement.

2. Turn your foot inwards so that your toes are pointing towards your other foot and then move back to the starting position.

3. Turn your foot outwards so that your toes are pointing away from your other foot and then move back to the starting position.

Repeat each of these exercises 10 times
Advanced knee and ankle exercises

**Mini Squat - both legs**
Using the back of a chair or a table for support, bend both knees into a squat position and then stand up again. Don’t bend any lower than a normal seated position.

Repeat 5-10 times

**Mini Squat - single leg**
When you are able to do the exercise above without pain or discomfort stand on your injured leg only and bend this knee to a squat position while holding the back of a chair or a table for support.

*Only do this if you feel you could have done it before your injury.*

Repeat 5-10 times

**Re-developing your balance**

**Level 1:** Hold onto a chair or table for support and practice standing on your injured leg for up to 30 seconds.

Once you have achieved this move to level 2.

**Level 2:** Hold onto a chair or table for support and stand on your injured leg. Try to let go of the chair/support and hold for up to 30 seconds.