

Physiotherapy Department

Patientline exercise programme

The following exercises are one of a series of four programs recommended during your stay at Addenbrooke's Hospital. It complements the exercises available to view on your Patientline monitor. You are advised to consult your ward physiotherapist before starting these exercises.

3. Leg exercises

a) Static quadriceps

With your legs out straight, push one knee down into the bed. This will cause wrinkles above your knee cap as your knee cap is pulled up by the muscle, and may also cause your heel to lift up from the bed. Hold for three seconds before repeating on the other leg.

b) Ankle dorsiflexion/plantarflexion

Keep your ankles moving by pulling your toes up towards then pointing them away. You can also circle your feet.

c) Hip/knee flexion/extension

Lie flat on your back with both legs straight. Ensure that you keep your knees pointing directly up to the ceiling. Draw one heel up towards you, bending your knee and hip in a controlled manner. Then let your heel slide back down, straightening your leg. Repeat with the other leg.

d) Bridging

Whilst lying on your back bend both legs, placing your heels up by your bottom. Slowly and in a controlled manner lift your hips off the bed aiming for your body to make a straight line. Hold for three seconds before relaxing back down.

e) Lateral knee drops

Whilst lying on your back, bend both legs, placing your heels up by your bottom. Keeping your knees together, slowly and in a controlled manner lower both knees down to one side as far as is comfortable. Slowly return them to the middle then repeat to the other side.

This project was developed by Caroline Stoneham, Senior Physiotherapist, from an original idea conceived by Duncan Forsyth, Consultant Geriatrician, and has been supported by a grant from Addenbrooke's Charitable Trust (ACT).



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

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Cantonese

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Bengali

Document history

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Contact number	01223 245151
Published	December 2008
Review date	December 2010
File name	Patientline_leg_exercises.doc
Version number	1
Ref	PIN1819