

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).



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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