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Leg Strengthening Exercises

1. “Gluteal Sets”:

- Lie on your back.
- Squeeze your buttock muscles and hold for a count of 5.
- Relax and then repeat.

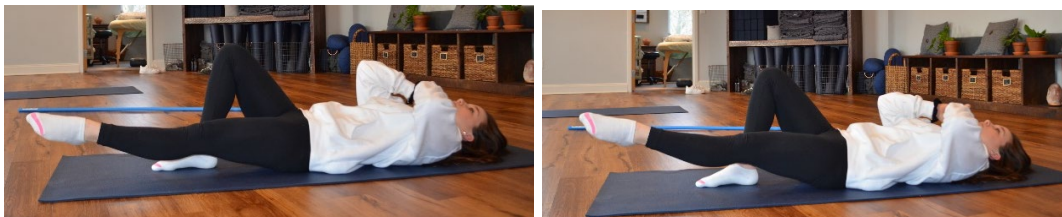
2. Short Arc Quads:

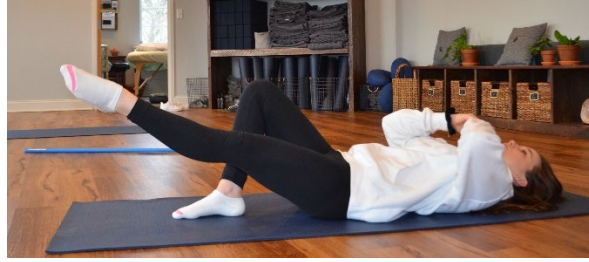
- Place your knee over a bolster.
- Slowly straighten your knee and then lower.
- Make sure your foot is moving directly up and down and not to either side.



3. Graduated Straight Leg Raises:

- Do a “quad set” by pushing your knee into the ground.
- Raise your leg 4 inches and hold for 5 seconds.
- Raise 4 more inches and hold for 5 seconds.
- Lower 4 inches and hold for 5 seconds.
- Lower all the way to the ground and repeat.





4. Straight Leg Raise with leg turned out

- Lie on your back with your leg straight. Bend opposite leg to support your back.
- Turn your leg out by rotating your hip. (Toe out)
- Slowly lift your leg toward the ceiling.
- Slowly lower to ground.



5. Adductor Strengthening:

- Lie on your side.
- Bend your top leg and place it in front of your body.
- Lift your bottom leg straight up to the ceiling.
- Slowly lower and repeat.



6. Abductor Strengthening:

- Lie on your side.
- Lift your top leg toward the ceiling while keeping your knee forward (Don't let knee rotate upward or downward.)
- Slowly lower and repeat.



7. One legged Bridge:

- Bring one knee to your chest. (Prevents use of low back.)
- Place your opposite foot on the floor.
- Bridge upward while taking a belly breathe in.
- Lower your hips and breathe out.
- Switch to the other side.



8. Hip Extensions on Hands and Knees:

- Start on your hands and knees.
- Left one thigh so that it is level with trunk.
- Bend your knee.
- Do a pelvic tilt.



9. Knee Extensions:

- Start in a sitting position.
- Place an ankle weight on your leg.
- Slowly straighten knee and slowly lower back to starting position.



10. Knee Flexion:

- Start in a standing position.
- Place an ankle weight on your leg.
- Slowly bend knee upward and slowly lower back to starting position.



11. “Marching” Exercise:

- Stand at counter top to support balance.
- March in place bringing your knee as high as possible.
- Slowly lift and slowly lower!



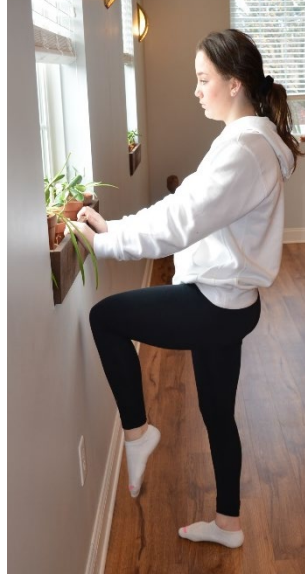
12. Side- kicks at counter:

- Stand at counter to support balance.
- Squeeze your left buttock as you shift weight onto that side.
- Kick your right leg out to the side.
- Switch to the opposite side.



13. Balance on one foot:

- Stand at counter for safety.
- Squeeze your buttock on the standing leg.
- Lift the opposite leg and hold as long as you can maintain your balance.
- Switch to the opposite side.



14. Walking balance Exercises:

- Position yourself near a counter or stable surface.
- Practice walking heel to toe forward and backward.
- Practice sidestepping left and right.
- Practice “braiding” or crossing one leg in front and then behind the other leg while moving sideways.

