

## Lower Limb Exercises.

*The exercises listed below are part of a treatment regime for patients attending The Police Rehabilitation Centre. They are reproduced here as an aide memoire for those patients. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional.*

### Step Ups.

- Perform a controlled Step Up onto step leading with the injured leg.
- Stand upright with both feet on the step.
- Return to start position.



### Squats.

- Stand up tall, your feet should be shoulder width apart, stomach flattened, bottom squeezing.
- Slowly Squat down bending at the ankles, knees and hips, to a point that is no further than 90° at the knees hold this position for up to 10 seconds.
- Then return to start position.



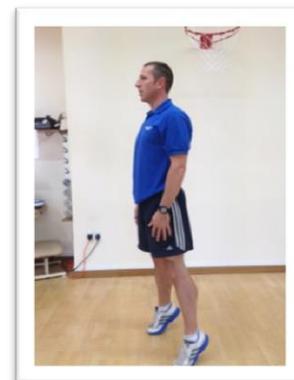
### Knee Drives.

- Step up on to step with your left leg whilst simultaneously driving the right knee upwards.
- Return to the start position, and then repeat the movement stepping with the opposite leg.



### Calf Raises.

- Stand up tall, your feet should be shoulder width apart, stomach flattened, bottom squeezing.
- Slowly raise your body upwards onto the balls of your feet hold this position for up to 10 seconds.
- Then lower back down to start position.



### Lunges.

- Lunge forward with first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Keep torso upright during lunge; flexible hip flexors are important. Lead knee should point same direction as foot throughout lunge. Return to original standing position by forcibly extending hip and knee of forward leg.
- Repeat by alternating lunge with opposite leg.



### **Lateral Lunges.**

- Begin by standing up.
- Step out to the left with your body weight over your left leg, squatting at a 90° angle at the left knee. Try to sit down on your left heel, keeping your back as upright as possible.
- Push off and bring your left leg back to the centre to complete one rep.
- Repeat by alternating lunge with opposite leg



### **Step Downs.**

- Stand on injured leg on a step facing down.
- Slowly lower yourself by bending your knee to 30°, maintaining correct hip, knee and ankle alignment.
- Return to starting position.



### Clam Level 1

- Side Lying. Hips bent up to approx. 45° and knees bent up to approx. 90°. Lift the top knee upwards keeping the feet together
- Lower the top knee onto the bottom leg
- Repeat on both sides



### Clam Level 2

- Align the body as for level one. Then lift both feet into the air approx. 8 inches, keeping them stacked. Lift the top knee upwards, keeping the feet together and lifted off the mat
- Lower the top knee onto the bottom leg, keeping the feet lifted off the mat
- Repeat on both sides.



### **Hip Abductions.**

- Side lying. Reach your top leg away from your body and then lift it upwards on an arc. Simultaneously point this ankle.
- Lower this leg to the starting position. Simultaneously flex this ankle.
- Repeat on both sides.



### **Hip Adductions.**

- Lying on your side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front.
- Lift lower leg \_\_\_ cm from the floor keeping toes pointed forwards. Return to starting position.
- Repeat on both sides.



### **Shoulder Bridge.**

- Gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
- Hold the shoulder bridge position
- Gently lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone.

