

## LOWER EXTREMITY STRENGTHENING EXERCISE

### HIP FLEXION AND EXTENTION



Loop the band around your ankle and hold on to an object for support. Keeping your leg straight, push it ahead for flexion. Then push your leg straight backwards for extension. Ensure you do not bend forward at the hips. Slowly return to starting position. Repeat on other side.

### HIP ABDUCTION



Place looped theraband around your ankles. Stand upright holding on wall for support. Slowly bring one leg out to the side while keeping your knee straight. Ensure your body stays still, not tipping from side to side. Slowly return to starting position. Repeat on other side.

### HAMSTRING CURLS



Loop the band around your ankle. Hold on to an object for support if needed. Slowly bring foot toward buttocks, keeping thigh in line with other leg. Repeat on other side.

### SQUATS



Bend the knees while sticking out your buttocks. Ensure the knees stay behind the toes as you squat, then rise to the starting position.

### CALF RAISES



Holding onto an object for support, slowly rise up onto your tiptoes. Slowly lower your heels back to starting position keeping your knees straight throughout the movement.