

www.physiotherapyexercises.com

Exercise Booklet

Ankle plantarflexion strengthening with theraband



Therapist`s aim

To strengthen the ankle plantar flexors.

Client`s aim

To strengthen your calf muscles.

Therapist`s instructions

Position the patient in long sitting. Adjust the theraband so that it provides resistance to ankle plantarflexion. Instruct the patient to plantarflex their ankle.

Client`s instructions

Position yourself in long sitting with some theraband around your forefoot. Adjust the theraband so that the direction of pull is from your knee. Start with your ankle upwards. Point your toe downwards. Finish with your ankle downwards.

Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

Bridging



Therapist`s aim

To strengthen the hip extensors.

Client`s aim

To strengthen the muscles at the back of your hip.

Therapist`s instructions

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

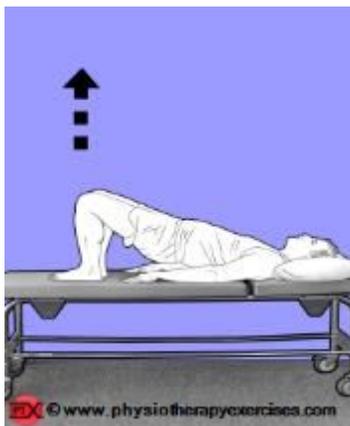
Client`s instructions

Position yourself lying on your back with your knees bent. Lift your bottom off the bed.

Progressions and variations

Less advanced: 1. Decrease the height of the lift. More advanced: 1. Sustain the lift. 2. Perform the exercise using one leg.

Bridging to end of range



Therapist`s aim

To strengthen the hip extensors.

Client`s aim

To strengthen your hip muscles.

Therapist`s instructions

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

Client`s instructions

Position yourself lying on your back with your knees bent. Tighten the muscles in your bottom and lift your bottom off the bed.

Crab walk sideways with theraband



Therapist`s aim

To strengthen the hip abductors.

Client`s aim

To strengthen the muscles on the outside of your hips.

Therapist`s instructions

Position the patient in standing with feet apart and a theraband around their thighs. Instruct the patient to walk sideways maintaining tension in the theraband. Ensure that both feet point forwards.

Client`s instructions

Position yourself standing with your feet apart and a theraband around your thighs. Practice walking sideways while maintaining tension in the theraband. Ensure that both feet point forwards.

Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. 2. Take smaller steps. More advanced: 1. Increase the resistance from the theraband. 2. Take larger steps.

Dynamic knee control with hip abduction



Therapist's aim

To strengthen your knee extensors.

Client's aim

To strengthen the muscles that straighten your leg.

Therapist's instructions

Position the patient standing with hands supported on the back of chair or table. Instruct the patient to slide the unaffected leg into hip abduction while maintaining slight knee flexion in the stance leg.

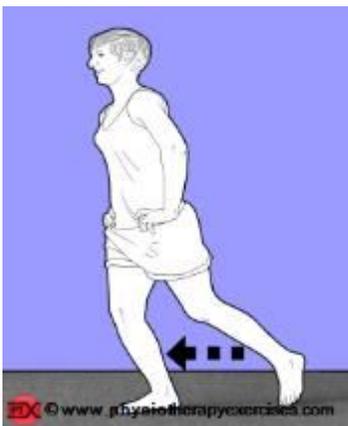
Client's instructions

Position yourself standing holding onto the back of a chair or table. Start with your feet together. Slide your unaffected leg sideways while slightly bending your affected knee and then slide your affected leg in.

Progressions and variations

Less advanced: 1. Slide shorter distance. More advanced: 1. Slide larger distance. 2. Remove hand support. 3. Add theraband.

Dynamic knee control with hip extension



Therapist's aim

To strengthen the leg extensors.

Client's aim

To strengthen the muscles that straighten your leg.

Therapist's instructions

Position the patient in standing. Instruct the patient to slide their unaffected leg back and forwards. Ensure that both feet point forwards and the weight is on front leg. Ensure the front knee flexes in line with the foot and they keep their pelvis level.

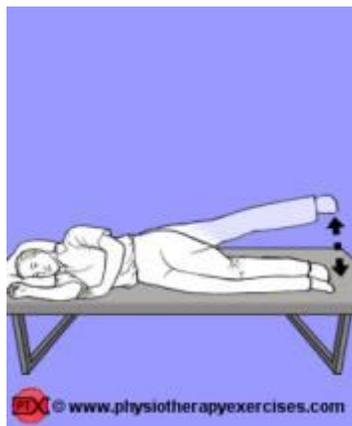
Client's instructions

Position yourself standing. Practice sliding back and forwards with your unaffected leg. Ensure that both feet point forwards and the weight is mostly on the front leg. Ensure your front knee bends in line with the foot and you keep your pelvis level.

Progressions and variations

Less advanced: 1. Slide shorter distance. 2. Provide hand support for balance. More advanced: 1. Slide larger distance. 2. Add theraband.

Hip abduction in sidelying



Therapist's aim

To strengthen the hip abductors.

Client's aim

To strengthen the muscles at the side of your hip.

Therapist's instructions

Position the patient in sidelying. Instruct the patient to abduct their top leg. Ensure that the hip and knee remain extended and the foot points forwards.

Client's instructions

Position yourself lying on your side. Start with your top leg resting on the bed. Lift your leg away from the bed leading with your heel. Finish with your leg away from the bed. Ensure that your hip and knee are kept straight and your foot points forwards.

Progressions and variations

Less advanced: 1. Position the patient with their back against a wall for feedback about lower limb alignment. More advanced: 1. Progress using strength training principles.

Hip abduction in standing



Therapist's aim

To strengthen the hip abductors.

Client's aim

To strengthen the muscles on the outside of your hip.

Therapist's instructions

Position the patient in standing with their feet together. Instruct the patient to abduct their hip.

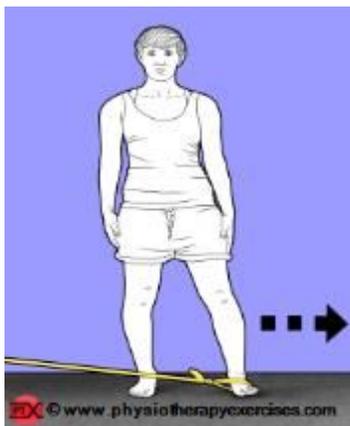
Client's instructions

Position yourself standing with their feet together. Start with your leg beside your body. Lift your leg out to the side. Ensure that you keep your body upright and your toes pointing forward.

Progressions and variations

Less advanced: 1. Provide hand support for balance. More advanced: 1. Progress using strength training principles.

Hip abduction with theraband



Therapist`s aim

To strengthen the hip abductors.

Client`s aim

To strengthen the muscles on the side of your hip.

Therapist`s instructions

Position the patient in standing. Adjust the theraband so that the direction of pull is at ankle level and provides resistance to hip abduction. Instruct the patient to abduct the hip while keeping their body upright and their knee extended.

Client`s instructions

Position yourself standing side-on to the theraband. Adjust the theraband so that the direction of pull is away from your opposite side at the level of your ankle. Start with your feet together. Take your foot to the side. Ensure that you keep your body upright, knee straight and toes pointing forward.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Hip control with a swiss ball



Therapist`s aim

To strengthen the muscles of the hip.

Client`s aim

To strengthen the muscles of your hip.

Therapist`s instructions

Position the patient lying on their back and legs bent with a ball placed between their foot and the wall. Instruct the patient to press the foot against the ball. Ensure the knee does not turn in or out.

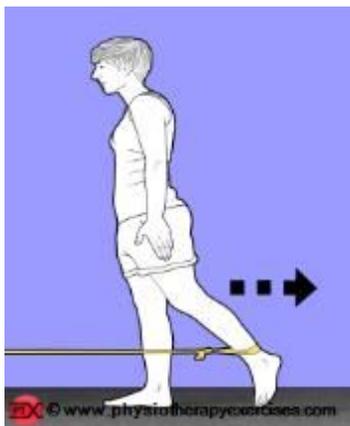
Client`s instructions

Position yourself lying on your back with knees bent. Place a ball between your foot and a wall. Press your foot against the ball. Ensure your knee does not turn in or out.

Progressions and variations

More advanced: 1. Move the ball in a small circular motion.

Hip extension with theraband



Therapist`s aim

To strengthen the hip extensors.

Client`s aim

To strengthen the muscles at the back of your hip.

Therapist`s instructions

Position the patient in standing with their hip flexed. Adjust the theraband so that the direction of pull is at the ankle and provides resistance to hip extension. Instruct the patient to extend the hip with straight knee.

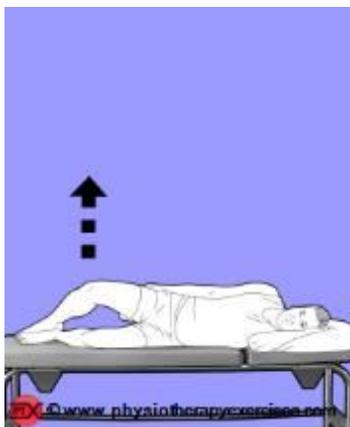
Client`s instructions

Position yourself standing facing towards the theraband. Adjust the theraband so that the direction of pull is from in front of you at the level of your ankle. Start with your foot in front of your body. Finish with your foot behind your body and knee straight. Ensure to keep your back straight.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband. 2. Stand with a slight bend in the support leg. 3. Increase the speed of the repetitions.

Hip external rotation in sidelying



Therapist`s aim

To strengthen the hip external rotators.

Client`s aim

To strengthen your hip muscles.

Therapist`s instructions

Position the patient on their side with their affected hip uppermost. Instruct the patient to bend their knees. Instruct the patient to keep their ankles together and lift their uppermost knee away from their bottom knee.

Client`s instructions

Position yourself on your side with your affected hip uppermost. Bend your knees, keep your ankles together and raise your uppermost knee away from the bottom one.

Hip external rotator strengthening standing beside a wall



Therapist`s aim

To strengthen the hip external rotators.

Client`s aim

To strengthen the muscles at the outside of your hip.

Therapist`s instructions

Position the patient in standing, 45 degrees facing the wall. Instruct the patient to flex the inside hip and knee to 45 degrees. Instruct the patient to press their leg into the wall and to contract the hip external rotators. Ensure to keep the back straight.

Client`s instructions

Position yourself standing 45 degrees facing the wall. Slightly bend your inside leg and rest your knee on the wall. Ensure to keep your back straight and activate the muscles in your buttocks.

Hip flexor strengthening in standing



Therapist`s aim

To strengthen the hip flexors.

Client`s aim

To strengthen the muscles at the front of your hip.

Therapist`s instructions

Position the patient in standing. Instruct the patient to flex their hip.

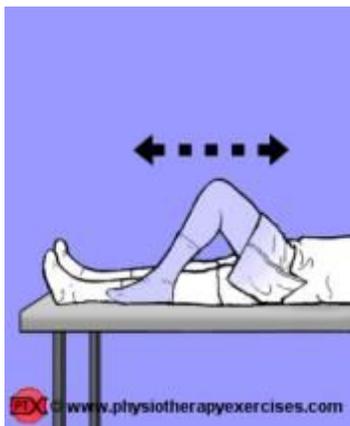
Client`s instructions

Position yourself standing with your feet together. Start with your hip straight. Lift your foot off the floor. Finish with your hip bent.

Progressions and variations

Less advanced: 1. Provide hand support for balance. More advanced: 1. Progress using strength training principles.

Hip and knee flexion in supine

**Therapist`s aim**

To increase range of motion at the hip and knee.

Client`s aim

To increase movement of the hip and knee.

Therapist`s instructions

Position the patient in supine. Instruct the patient to flex their hip and slide their foot towards their bottom.

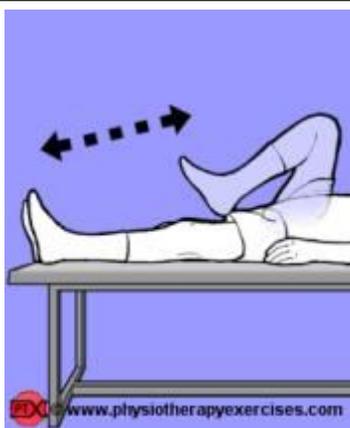
Client`s instructions

Position yourself lying on your back. Start with your hip straight. Slide your heel along the bed towards your bottom as far as possible.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Hip flexor strengthening in supine

**Therapist`s aim**

To strengthen the hip flexors.

Client`s aim

To strengthen the muscles at the front of your hip.

Therapist`s instructions

Position the patient in supine. Instruct the patient to flex their hip.

Client`s instructions

Position yourself lying on your back with your legs straight. Lift your knee towards your shoulder.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Single leg balance on foam

**Therapist`s aim**

To improve the ability to balance.

Client`s aim

To improve your ability to balance.

Therapist`s instructions

Position the patient standing on a foam surface and arms out to the side. Instruct the patient to raise one foot slowly and practice standing on one leg.

Client`s instructions

Position yourself standing on a foam surface with your arms out to the

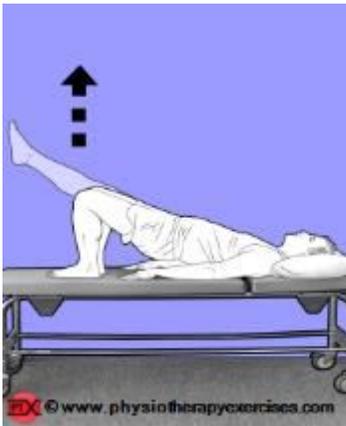
side. Practice standing on one leg.

Progressions and variations

Less advanced: 1. Stand on the floor. 2. Increase firmness of foam.

More advanced: 1. Bring your arms in closer to you. 2. Practice the activity with eyes closed.

Single leg bridge



Therapist`s aim

To strengthen the hip extensors.

Client`s aim

To strengthen your hip muscles.

Therapist`s instructions

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed. Instruct the patient to shift their weight on to one leg and straighten the other leg.

Client`s instructions

Position yourself lying on your back with your knees bent. Lift your bottom off the bed. Shift your weight onto one leg and straighten the other leg.

Sit to stand from chair with arms crossed



Therapist`s aim

To strengthen the leg extensors.

Client`s aim

To strengthen the muscles that straighten your legs.

Therapist`s instructions

Position the patient sitting on a chair with their arms crossed and feet shoulder width apart. Instruct the patient to stand up and sit down slowly on the chair. Ensure the shoulders move forward while moving between sitting and standing and that weight is borne equally through both legs.

Client`s instructions

Position yourself sitting on a chair with your arms crossed and feet shoulder width apart. Bring your shoulders forwards and stand up. Stick your bottom back and return to sitting.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Lower the height of the chair. 2. Perform slowly.

Precautions

Place the chair against a wall.

Stand on one leg with support



Therapist's aim

To improve the ability to stand on one leg and balance.

Client's aim

To improve your ability to stand on one leg and balance.

Therapist's instructions

Position the patient in standing on one leg with a stable support nearby. Instruct the patient to maintain the position without touching their other foot on the floor. Ensure that hand support is used only if necessary.

Client's instructions

Position yourself standing on one leg with a stable support nearby. Practice maintaining the position without touching your other foot on the floor. Ensure that hand support is used only if you feel unsteady.

Progressions and variations

Less advanced: 1. Stand with both feet on the floor. More advanced: 1. Remove hand support. 2. Turn head and trunk in different directions. 3. Add movement of the arms in different directions. 4. Throw and catch a ball in this position.

Precautions

1. Ensure that the support is stable.

Stepping sideways off a step



Therapist's aim

To strengthen your quadriceps and hip abductors.

Client's aim

To strengthen your thigh and hip muscles.

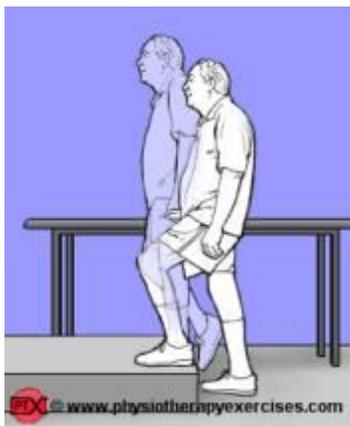
Therapist's instructions

Position the patient on a step. Instruct the patient to keep one leg on the step and have one leg off the side of the step. Instruct the patient to bend the knee on the step and slowly lower the other leg to the floor. Ensure that the knee remains in line with the centre of the step and that the pelvis remains level.

Client's instructions

Position yourself on a step. Keep one leg on the step and have one leg off the side of the step. Bend the knee on the step and slowly lower the other leg to the floor. Ensure your knee remains in line with the centre of your foot and your pelvis remains level.

Stepping up onto a block



Therapist`s aim

To improve the ability to walk and walk up stairs.

Client`s aim

To improve your ability to walk and walk up stairs.

Therapist`s instructions

Position the patient in standing with a step in front of them. Instruct the patient to step up onto the step.

Client`s instructions

Position yourself standing with a step in front of you. Practice stepping up onto the step.

Progressions and variations

Less advanced: 1. Decrease the height of the step. 2. Provide hand support for balance. More advanced: 1. Increase the height of the step. 2. Wear a backpack with weights in it.

Wall squats with ball between knees



Therapist`s aim

To strengthen the quadriceps.

Client`s aim

To strengthen your thigh muscles.

Therapist`s instructions

Position your patient standing against a wall with a ball between their knees. Instruct the patient to flex their knees. Ensure that their back remains straight, heels stay on the floor and weight is equally borne through both legs. Ensure the feet are straight and knees flex in line with feet.

Client`s instructions

Position yourself standing with your back against the wall and a ball between your knees. Start with your knees straight. Finish with your knees bent. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs. Ensure your feet are straight and your knees bend in line with your feet.

Wall squats with theraband around knees



Therapist`s aim

To strengthen the quadriceps.

Client`s aim

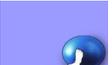
To strengthen your thigh muscles.

Therapist`s instructions

Position your patient standing against a wall with theraband around their knees. Instruct the patient to flex their knees. Ensure that their back remains straight and heels stay on the floor and weight is equally borne through both legs. Ensure the feet are straight and knees flex in line with feet.

Client`s instructions

Position yourself standing against a wall with a theraband around your knees. Start with your knees straight. Finish with your knees bent. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs. Ensure your feet are straight and your knees bend in line with your feet.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk							

	1							
--	---	--	--	--	--	--	--	--

	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							

	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							