

Leg Exercises

SLR on non-Injured Side- Lie on non-injured side, lift leg straight 18-24 inches.



SLR on Injured Side -Lie on injured side, place non-injured leg on stool or chair, lift injured leg to bottom on stool.



SLR on Stomach- Lie on Stomach with feet off end of table, lift injured leg 6-12 inches off table.



Knee Bends- Lying on stomach with pad placed under thigh just above knee, bend knee as far as possible, hold 5 seconds. Relax.

