

RESPIRATORY EHABILITATION

Lower Body Exercises

*Start with 5-8 repetitions without a weight - unless otherwise specified by your therapist.

Remember to "whistle while you work"!

Acknowledgements:

We wish to thank Ernie and Grace Hertzog, and Shirley Storey - who gave their permission to use their photographs in this brochure.

Knee Extension

To strengthen upper leg muscles

To Do



1. Sit erect in a chair with the weights strapped around your ankles.



2. Raise one foot in front of you until your leg is as straight as possible. Slowly lower your leg to the starting position.

3. Repeat with your other leg. Alternate legs with each Lift. When you can perform 8 lifts in good form, increase the weight.

___ Repetitions

___ Weight

Hip Flexion

To Do



1. Sitting on chair.



2. Without bending at the waist, bring one knee at a time as close to your chest as possible. Lower your leg to the starting position.

Repeat, alternating legs.

__ Repetitions

__ Weight

Heel Lifts

With half knee bends

To Do



1. Start by standing behind a chair. Hold on to back of chair.



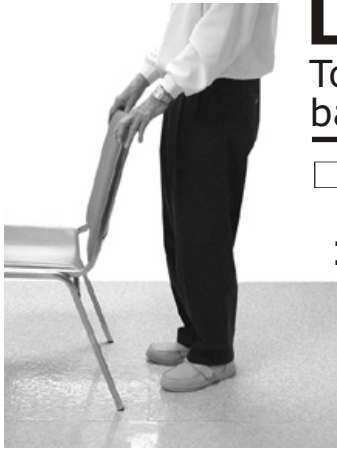
2. Raise up on toes, bring heels back to floor.



3. Keeping heels on floor, do a half knee bend and come back up.

TIP - Keep back straight throughout exercise.

__ Repetitions



Leg Bends *Standing*

To strengthen muscles in the backs of your thighs

To Do

1. Stand erect, holding onto the chair back, with ankle weights in place.



2. Without moving your upper leg, bend one knee so that your heel is as close to the back of your thigh as possible.



3. Lower your leg to starting position and repeat, alternating legs.

__ Repetitions

__ Weight

Hip and Knee Extension

To Do



1. Place hand on hips. Sit forward on the edge of the chair as you would to raise yourself to a standing position. Make sure your feet are firmly on the ground and keep your back straight.



2. Raise yourself off the chair into a crouch standing position. Hold for count of three. Lower yourself back to chair.

Progress to a lower chair or couch which is more difficult for you to get up from.

__ Repetitions

__ Sets