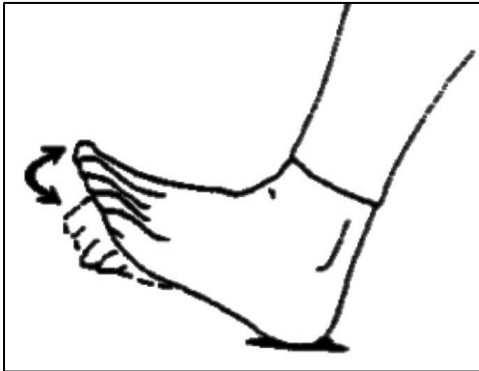


Leg Exercises whilst in plaster

Issued by the Physiotherapy Department

Name of patient:

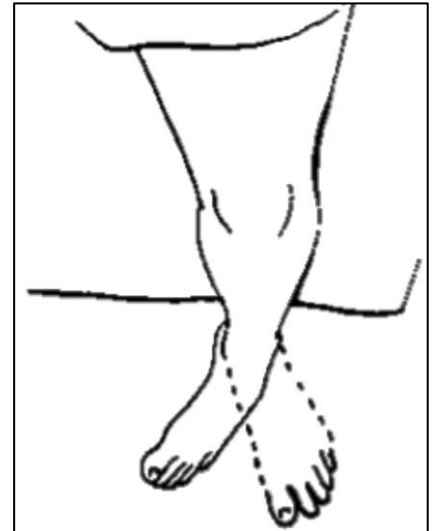
Signature of Therapist: Date:.....



Toe curling

Repeat _____ times

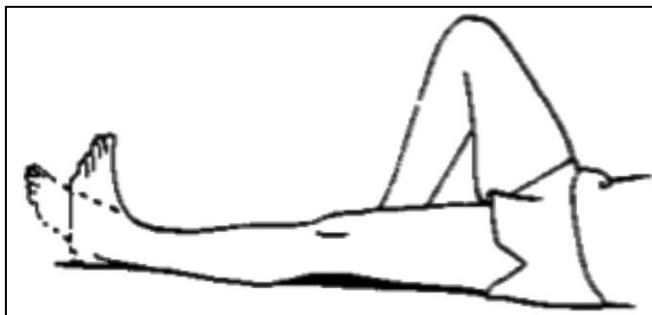
Do _____ sessions/day



Move foot side to side

Repeat _____ times

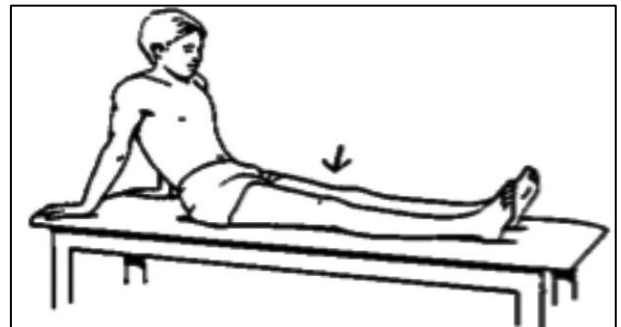
Do _____ sessions/day



Move foot up and down

Repeat _____ times

Do _____ sessions/day

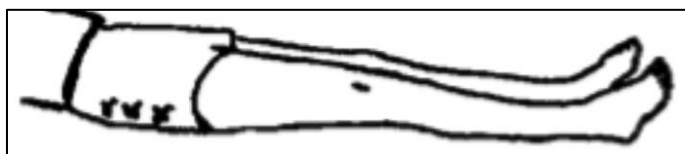


Thigh squeezes

Lie flat on the bed. Turn up your feet and push the back of the knees into the bed, straightening your knee. Hold for 3 seconds then relax.

Repeat _____ times

Do _____ sessions/day

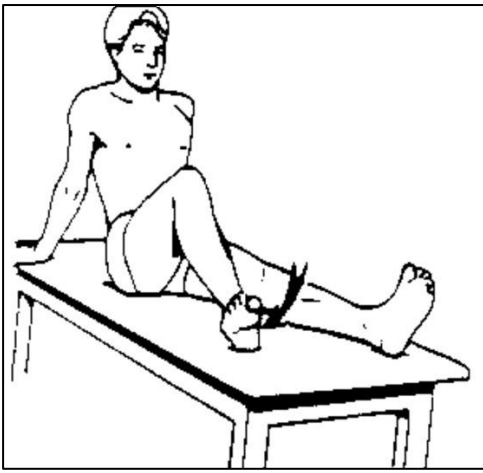


Buttock squeezes

Squeeze cheeks of bottom together and hold for 3 seconds.

Repeat _____ times

Do _____ sessions/day

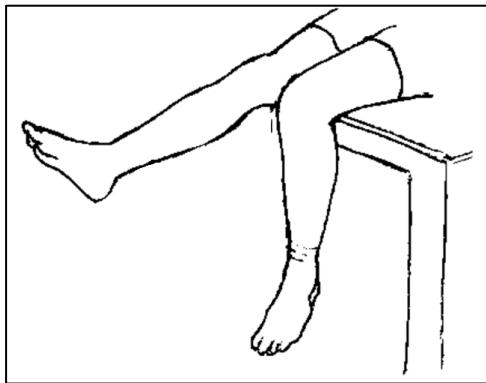


Knee bend and stretch

Hold _____ seconds

Repeat _____ times

Do _____ sessions/day

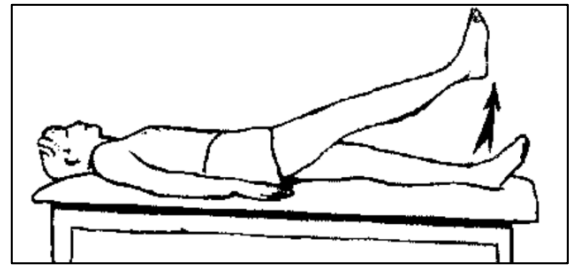


Knee bend and stretches sitting in a chair

Hold _____ seconds

Repeat _____ times

Do _____ sessions/day

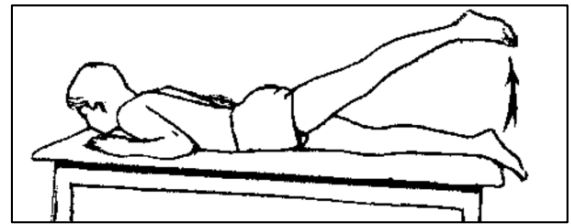


Leg lifts lying on your back

Hold _____ seconds

Repeat _____ times

Do _____ sessions/day

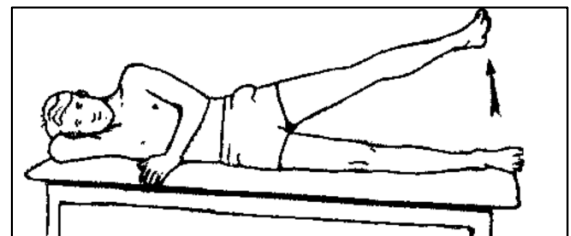


Leg lifts lying on your front

Hold _____ seconds

Repeat _____ times

Do _____ sessions/day



Leg lifts lying on your side

Hold _____ seconds

Repeat _____ times

Do _____ sessions/day

If you require any further advice, your physiotherapist will be happy to help. Please contact: Name: _____ Tel: _____

If you would like a copy of this information in large print, another language, audio tape or other format please speak to your physiotherapist or call the Contact Centre on **03 44 811 8118**.