

Rehabilitation Services

Lower Extremity Exercises Post Stroke

STROKE - Side-Lying Knee Flex



With involved leg on top, gently try to bend knee and hip as far as possible. Breathe in and out while moving knee and hip up and down.

Repeat 5-10 times. Do 2 sessions per day.

ANKLE / FOOT - ROM: Plantar / Dorsiflexion

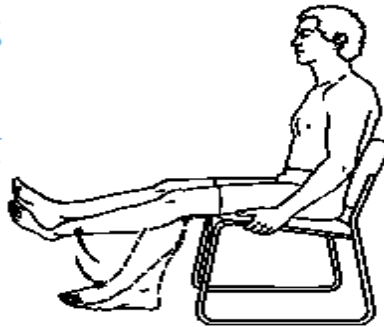


With affected leg relaxed, gently flex and extend ankle. Move through full range of motion, have your family member or nurse assist if needed in order to get the full motion.

Repeat 10-15 times per set. Do 2 sets per session. Do 2 sessions per day.

HIP / KNEE - Self-Mobilization: Knee Flexion / Extension (Sitting)

While seated in a chair. Use your stronger leg to lift your weaker leg to make the knee straight. Allow your weaker leg to do as much as it can. Hold 3-5 seconds.



Repeat 5-10 times per set. Do 2 sets per session. Do 2 sessions per day.

Hip Stretch

While seated in a chair and with help from your nurse or family member, put your ankle over the opposite knee. Let knee fall downward, but keep ankle in place. Feel the stretch in hip. May push down gently with hand to feel stretch.



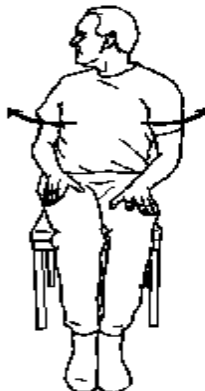
Hold 30 seconds while counting out loud.

Repeat with other leg.

Repeat 2 times. Do 2 sessions per day.

STROKE - Sitting Trunk Rotation

With family or nurse present and while sitting in a chair with arm rests, place feet flat on ground, turn upper body as far as possible toward one side and then toward other side.



Repeat 5-10 times. Do 2 sessions per day.

General Guidelines:

Please consult with your Physician before starting an exercise program.

1. Complete these exercises with whatever movement is possible however avoid straining. If you are unsure if these exercises are appropriate for you please consult with your medical team.
2. You may require assistance from your caregiver to safely complete these exercises.

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