

# Lower Back & Legs

## Isometric Therapeutic Exercises

**GENERAL INSTRUCTIONS:** Do only the exercises taught to you by your therapist. Exercise 2-3 times daily, 10 of each exercise.

**Hamstrings:** Sit with your foot in front of the chair. Place your heel on the floor and point your toes up. Pull your heel down to the floor.



**Quadriceps:** Sit with your feet flat on the floor. Lift one foot and straighten your knee completely. Hold and then return your foot to the floor. Repeat with the other foot.



**Hip Flexors:** Sit with your feet flat on the floor. Lift one knee and raise your foot off the floor. Hold and then return your foot to the floor. Repeat with the other foot.



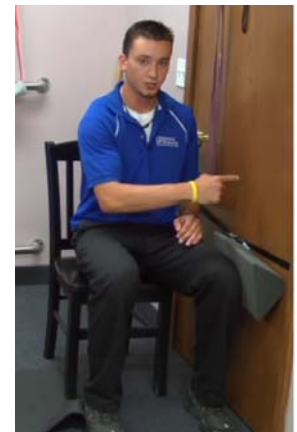
**Gluteals:** Sit with your knees apart. Squeeze your buttocks together as tightly as possible. Hold. Relax.



**Hip Adductors:** Sit with a soft weight between your knees and thighs. Squeeze the towel tightly. Relax.



**Hip Abductors:** Place a chair against a wall, or use a chair with arms. Place a soft weight between your thigh and the wall (or chair arm). Press your leg against the towel. Hold. Relax.



**EXERCISE GUIDELINES:** Exhale on exertion. Hold position for 5 seconds and then relax. Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.