

Exercise plan:  
**Lower Limb Mobilising Exercises**

Patient:  
**General Exercise**

Date:  
**15th May 2020**



### Knee Flexion Supine

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/skOauZ54MLU>



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### Hip Flexion with Bent Knee Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Put your weight through one leg and bend the other knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: [https://youtu.be/E\\_16XRcyCoc](https://youtu.be/E_16XRcyCoc)



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### Hip Extension Standing

Stand with your hand on a wall, table or chair, and extend your leg behind you, and return to neutral. You should feel a pull in your buttock (gluteal) muscles.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/SWvnWGd0yQQ>



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### Hip Abduction Gluteus Medius Strength Standing

Place an ankle weight around your ankle. Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/5SqcXIn1lhM>



### Hip Mobilisation Lying

Lie face down, and bend your knees to 90 degrees. Keep your feet together, and drop your feet outwards, and then cross them inwards, as far as feels comfortable. Repeat as required. This is a mobility exercise for your hip joints.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/RAMZ0Q\\_wF5s](http://youtu.be/RAMZ0Q_wF5s)



### Active Plantar Flexion One Side

Sit on the floor (or lie down) with one leg bent, and one leg out straight. Bend your ankle towards the ground. This exercise will mobilise a stiff ankle joint.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/pgoh-1i6ut0>



### Active Dorsiflexion One Foot

Sit on the floor with your legs out straight. Bring your toes and foot towards you and relax. Repeat the movement to help improve mobility in your ankle joint. You can also hold the stretch to create a stretch in your calf muscle.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/Dh-gaF-07Kc>



### Active Eversion Sitting

In sitting, move your foot outwards and upwards, and relax. Repeat as necessary. This will improve the mobility of your ankle.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/bAkfCwhrAXs>

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### Active Inversion Sitting

In sitting, move your foot inwards and upwards. This is a mobility exercise for the ankle.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/6vb\\_y8puqhQ](http://youtu.be/6vb_y8puqhQ)

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These exercises are designed as a general mobilising programme, rather than a specific treatment programme for a particular individual's needs or dysfunctions. Please undertake the exercises safely, holding onto to something strong and stable when standing. Work with control and within comfort, maintaining good postural alignment - stop any exercise that causes pain or conflicts with advice from your Therapist, Doctor, or Consultant.

Try to keep mobile throughout the day and vary your activities - be careful if undertaking activities that are new or which you haven't been doing regularly recently - build up the time and difficulty gradually over time.

If you have a particular condition or any questions regarding an exercise, just email us on [info@achievephysio.co.uk](mailto:info@achievephysio.co.uk) or phone on 07702 871780.

Good luck and keep with it!