

Bed Exercise 4

Thigh muscle (quadriceps) strengthening

Straight leg raise

Difficulty level: difficult – progression from the inner range quads exercise

Benefits for example:


- improved circulation
- maintains and improves strength and control around the knee
- improved strength of these muscles enables you to:
 - * stand up from sitting
 - * stand and walk
 - * get your legs into bed
 - * go up and down a step or stairs.

Instructions

With your toes pointing towards the ceiling and your knee straight, lift your leg off the bed. Only lift one leg at a time. Hold for 5 – 10 seconds and then relax.

Repeat _____ times, _____ times a day




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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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