

## Personal exercise program

### Lower limb

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Total-Therapy KDM

Provided by Kim Morris

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Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx.  5  secs. and slowly relax your leg.

Repeat  10  times.

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Lie on your side with your knees bent. Tighten your pelvic floor muscles and gently pull your lower stomach in.

Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together during the exercise.

Repeat  10  times on either side.

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Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards).

Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

Repeat  5  times with both legs.

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### Bridge with Arms Crossed

Start by lying on your back with your legs bent and feet flat on the floor. Cross your arms over your chest.



Lift your buttocks off the floor and straighten your hips. Return to the starting position.

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Repeat  5  -  10  times.

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### Slow Heel Raises

Stand on one leg and take support.

Slowly rise up on to your toes and hold at the top. Maintain the weight evenly on the ball of the foot. Then slowly lower your heel back down.

Repeat   5   times on either leg.

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### Mountain Climbers

Start in a push up position on your hands and toes.

In turns, bend your knees and bring your feet towards your hands. Try to keep your body in a straight line.

Repeat   10   times.

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