

Patty's PT Tips

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Band Exercises for the Lower Extremities

Begin with eyes closed for a mindful body scan-starting at the toes and moving to the face for 1-2 minutes.

Repeat the body scan with eyes open. Check in with your breathing. Check your posture.

Sit **or** stand with erect posture-chin tucked, belly button in, pelvic floor up. You may want to use different postures for different exercises.

Exercise #1: Foot/ankle dorsiflexion-hold your postural muscles.

Exercise #2: Ankle circles with the band

Exercise #3: Ankle/Foot toe in; Ankle/Foot toe out

Exercise #4: Loop around knees. Push knees apart

Exercise #5: Squeeze ball between knees

Exercise #6: Band looped under one arch. Draw knee to chest slowly. Push foot down slowly while extending your knee. Pay special attention to buttocks contraction and hip flexor contraction.

Exercise #7: Loop band under both feet. Hold band together between knees, pushing band down between knees while attempting to "march" knee upward toward ceiling.



Now review your body scan and observe the changes. Make notes about your experience and progress.

POSTURE! POSTURE! POSTURE!

BREATHE! BREATHE! BREATHE!

Quality, quality, quality before quantity! Repeat exercises until you have mild to moderate fatigue.

Persistence is the key---more than 12 months of consistent exercise may be needed before you can be sure that functional improvements will stick.