

# Patty's PT Tips

## Band Exercises for the Lower Extremities - Illustrations

### STRENGTHEN

21



**Position:** If ankle movement is feasible, place the Iso-Band under the upper part of the right foot. Place the area where the band has been joined and the handles near or above the hands. (This will avoid a snapback of them against the body if the band slips out from under the foot during the exercise.) Hold band taut with hands at a comfortable distance from foot as shown in drawing.

**Process:** Flex the ankle against the resistance of the band and return foot to extended position. Repeat until ankle is slightly tired.\* After completing the exercise do calf and ankle stretches on opposite page. Repeat position, process and stretches for left ankle.

\* To improve upon strength gradually tighten band by adjusting hand grip and increase the number of repetitions over an extended period of time.

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### STRENGTHEN

22



**Position:** If ankle movement and rotation are feasible, place the Iso-Band under upper part of right foot. Place the area where the band has been joined and handles near or above the hands as in the previous exercise. Hold band taut with hands at a comfortable distance from foot as shown in drawing.

**Process:** Rotate ankle clockwise. Repeat until ankle is slightly tired. Relax ankle for a few minutes, then rotate ankle counter clockwise until ankle is again slightly tired.\* After completing the exercise do the ankle stretches on opposite page. Repeat position, process and stretches for left ankle.

\* To improve upon strength gradually tighten band by adjusting hand grip and increase the number of repetitions over an extended period of time.

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## STRENGTHEN

23



**Position:** If the legs can be exercised, place the Iso-Band under the arch of the right foot and hold band with both hands making sure area where the band has been joined and handles are near or above hands. Raise leg and foot by bending knee. Anchor both hands to the chest with knee in bent position. Adjust tension on band by moving hands accordingly.

\* To improve upon strength gradually tighten band by adjusting hand grip and increase the number of repetitions over an extended period of time.



**Process:** Extend leg against resistance of the band until knee is straight. Continue flexing and extending leg until leg feels slightly tired.\* After completing the exercise do leg stretches on opposite page. Repeat position process and stretches for left leg.

## STRENGTHEN

24



**Position:** If movement of one or both legs is feasible, loop Iso-Band under arches of feet or foot-rest if in a wheelchair. Place the tubular handles on both thighs with the area where the band has been joined between the handles. Spread feet slightly to form a rectangle with the knees. Place hands between tubular handles to keep band from slipping and to control resistance.

\* To improve upon strength gradually spread feet and knees and increase number of repetitions over an extended period of time. 73



**Process:** Raise the right leg from the hip against resistance of band while keeping the knee in a bent position. Return to starting position and repeat with left leg. Alternate leg movement until hips or legs are slightly tired.\* After completing the exercise repeat the leg stretches on opposite page.