

Patty's PT Tips

Leg Strengthening Stretching with Therabands and Straps

January 19, 2022

Equipment:

Mat Table/Bed or Chair with firm seat

Stretch straps-non elastic and preferably with handles

Stretchy Therabands of different colors/resistances

Bolster/couch cushions to support knees/lower legs in lying positions

Footstool or step platform can also be used to support lower legs in lying posture

Points to Consider:

- Strengthening happens in the muscles you use with **intention**
- Slow movement is more beneficial when using elastic bands
- In any exercise think of **postural muscles first**. Tighten buttocks, pull belly button in, lift pelvic floor, keep shoulder blades down and back toward hip pockets
- **Exhale** with Effort
- Warm up with gentle stretching
- Finish a session with deep breathing exercises to help recovery
- If you are new to exercise or just reinstating an exercise regimen do maximum of 15 minutes of continuous exercise. Rest for 30 seconds to 1 minute between each kind of exercise to let the muscles and the nervous system recover.
- Start with 3 to 5 reps of any exercise. Work up to 2 sets of 10 reps 2-3x/week of each exercise
- Alternate "leg days" with "arm days"
- **Posture**, posture, posture

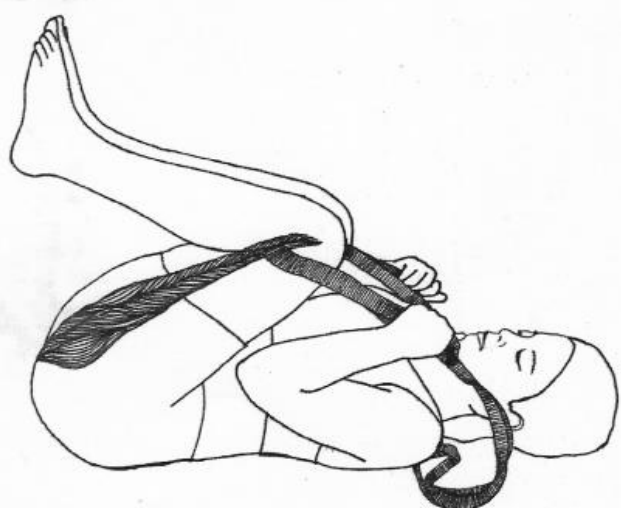
- When you can't maintain good form then it's time to switch muscle groups or rest
- Water, water, water
- No matter what exercise you are doing you can lift the pelvic floor
- Begin and end each session with pelvic rocks and pelvic "hula" exercise to help low back

Illustrations:

STRETCH OUT® STRAP

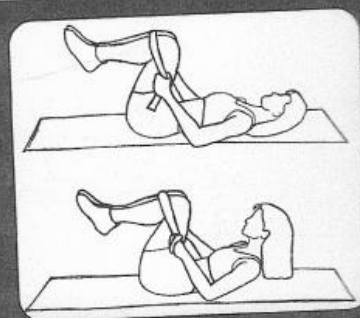
Hamstrings

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Put the middle of the SOS behind your knees, while lying down pull your knees toward your chin. Push back against the strap with your legs, relax for a second then pull your knees closer to your chin. Continue doing this until your knees are as close to the chest as possible. Hold the stretch for a minimum of ten seconds.

ABDOMINAL ACTIVATOR



While lying on your back, fold band in half and hold end. Place band around your knees and bring your legs down by your sides. Inhale as you contract your abdominals and raise your torso 4 - 6 inches off of floor. Exhale as you return to starting position. Repeat exercise 5 - 10 times.

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STRENGTHEN

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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.

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



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.

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STRENGTHEN

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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.

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



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.

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STRENGTHEN

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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

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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.

STRENGTHEN

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Position: If movement of one or both hips and legs is feasible, loop Iso-Band under arches of feet or footrest if in a wheelchair. Place 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.



Process: Without moving the feet, rotate hips outward against resistance of the band by spreading the knees. Return to starting position. To decrease resistance, move one knee at a time. Repeat until hips or knees are slightly tired.* After completing the exercise repeat the stretches on opposite page.

* To improve upon strength gradually spread feet and knees and increase number of repetitions over an extended period of time. 75

STRENGTHEN

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Position: If movement of lower back and hips is feasible, loop Iso-Band under arches of feet or footrest if in a wheelchair. Grip the tubular handles palms up and make sure that where the band has been joined is placed between the tubular handles. Bend forward and anchor hands against chest with elbows bent.



Process: Straighten up to a seated position with back against chair and then return to bent forward position. Repeat until back is slightly tired.* After completing the exercise repeat the stretches on opposite page.

* To increase resistance of band, spread feet. To improve upon strength gradually increase number of repetitions over an extended period of time. 79