

# Patty's PT Tips

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## Leg Strengthening/ Stretching with Therabands and Straps

### Equipment:

- Mat Table/Bed or Chair with firm seat
- Stretch straps-non elastic and preferably with handles
- 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 a 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