

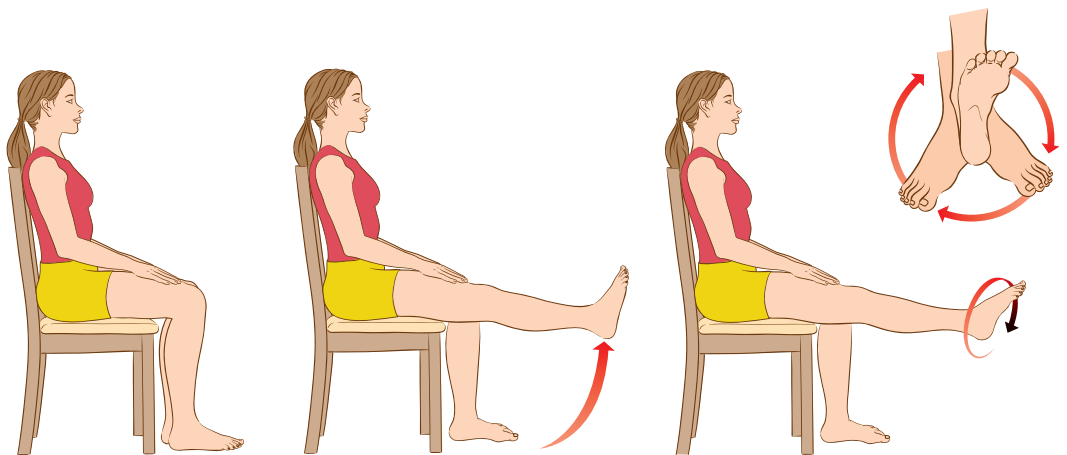


LOWER LIMB EXERCISES

If you experience joint pain, low back pain or you are concerned please discontinue. However do not be surprised if you experience a pulling tight sensation in the muscle you are working, that is to be expected if you have been immobile. If you find the exercise painful stop and discuss with your clinician at the next opportunity.

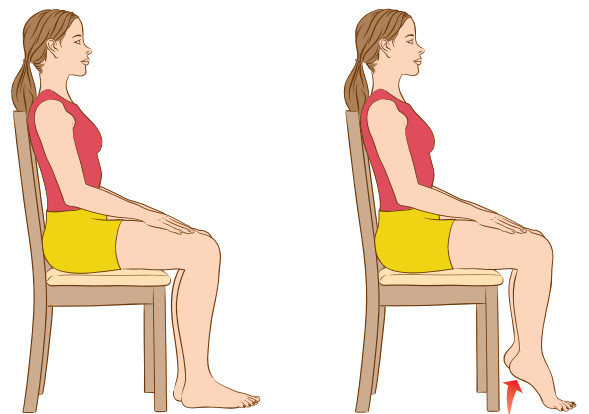
ANKLE MOBILISATION

- Sit on a chair up straight with your feet flat on the ground
- Raise your leg up and roll your feet in a circle as demonstrated on the picture
- With your leg up, point your toes down and then point your toes towards your chest as demonstrated on the picture



HEEL RAISE

- Sit on a chair up straight with your feet flat on the ground
- Raise your heels upwards, while keeping your toes on the floor
- Lower your heels back to the ground
- Once comfortable doing this exercise press down onto your knees and bring your leg up against the resistance of you hands



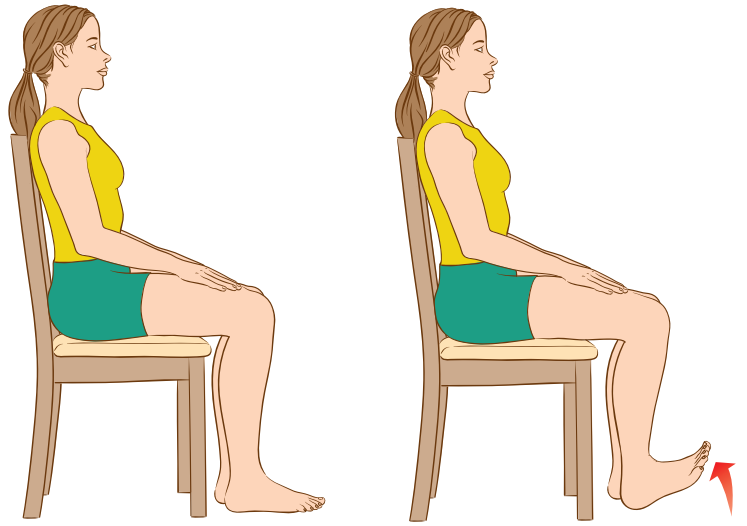
**LEGS
MATTER!**

Get the lowdown on leg and foot conditions at

legsmatter.org

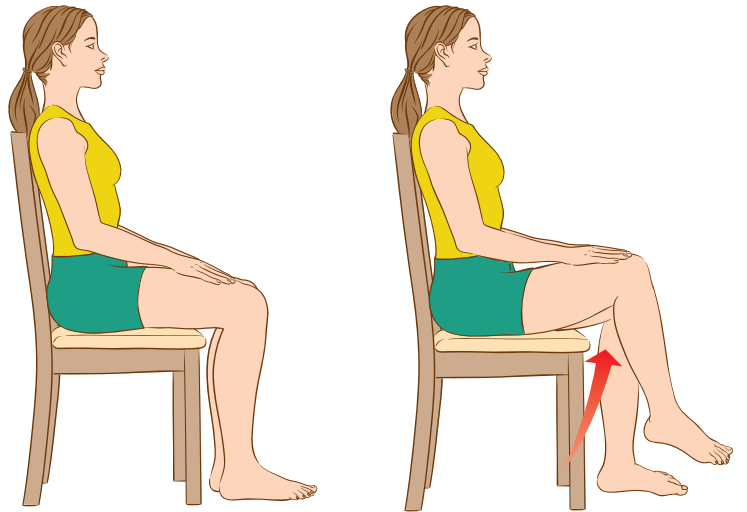
TOE RAISE

- Sit on a chair up straight with your feet flat on the ground
- Raise your toes upwards, while keeping your heels on the floor
- Lower your foot back to the ground



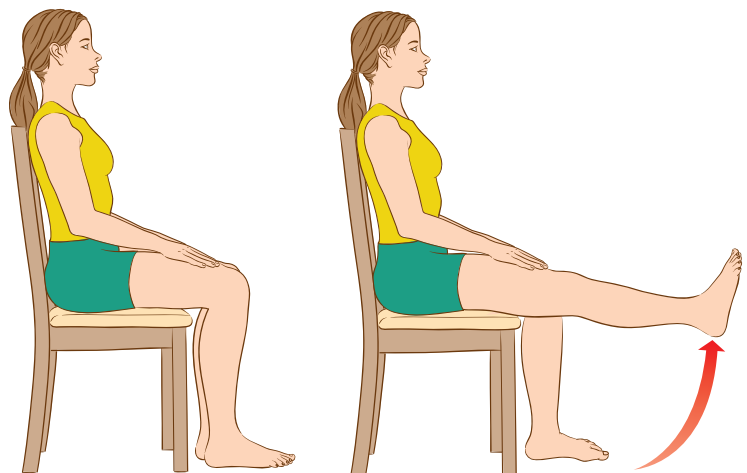
LEG RAISE

- Sit up straight with your back well supported and your feet flat on the ground
- Straighten your leg out
- Lower your leg back down in a controlled way do not just let it drop
- Once comfortable doing this exercise press down onto your knees and bring your leg up against the resistance of you hands



KNEE RAISE

- Sit on a chair, up straight, with your feet flat on the ground
- Raise one knee at a time up towards your chest
- Lower your foot back down to the ground



Content for this leaflet kindly provided by [Accelerate](#)

Find out more about the campaign and how you can get involved

legsmatter.org