

THIS IS JUST ONE OF OUR SERIES OF HANDY  
DOWNLOADABLE LEAFLETS - LEGS MATTER OFFER A  
WEALTH OF EVIDENCED-BASED INFORMATION AND  
KNOWLEDGE AROUND THE HEALTH ADVICE ON LEG  
AND FOOT PROBLEMS.

THIS LEAFLET IS TALKING ABOUT:

# Leg Strengthening Exercises

Nothing too strenuous here but some approaches which are easy for you to  
walk through with your patients and help support their determination to keep  
their legs healthy.



**LEGS  
MATTER!**

[legsmatter.org](https://legsmatter.org)



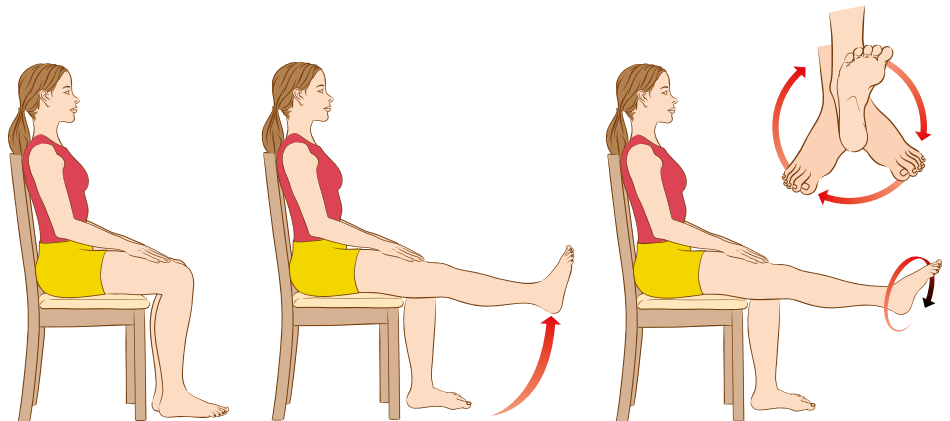
# Lower limb exercises

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.

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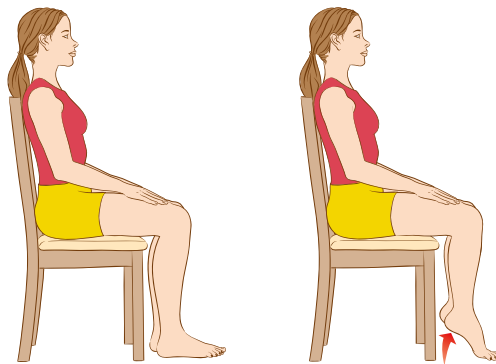
## Ankle Mobilisation

- 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



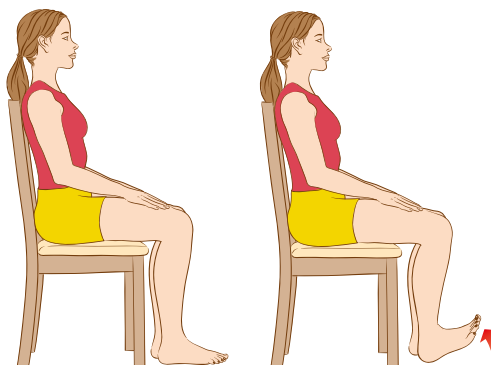
## Heel Raise

- 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 your hands



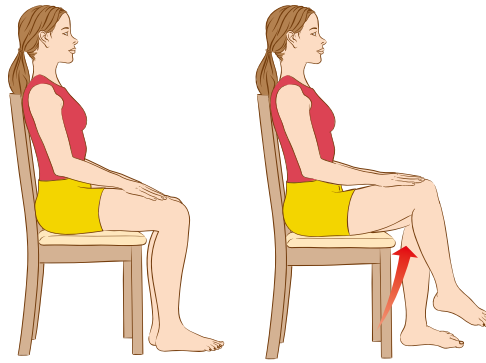
## Toe Raise

- 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



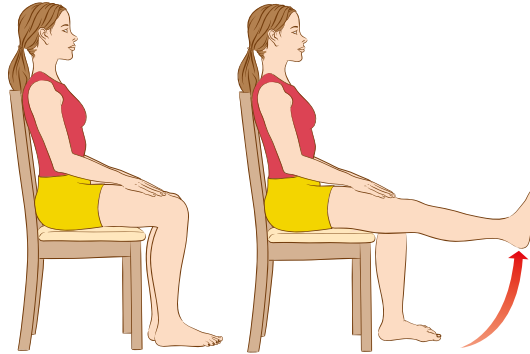
## Knee Raise

- 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



## 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 your hands



The Legs Matter coalition is working together to increase awareness, understanding and prevent harm for lower leg and foot conditions

Help us spread the word about the #hiddenharmcrisis and we can all act to help tackle it.

You can help by following us on social media and sharing, reposting, liking and commenting - we are active on X, Facebook, LinkedIn and Instagram.

You can sign up for our newsletter at [legsmatter.org](https://legsmatter.org) and get all the latest information about our activities.



IN RECOGNITION OF OUR PLATINUM PARTNERS



IN RECOGNITION OF OUR GOLD PARTNERS

