

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PETn@nhs.net

If you need this information in a different language or format, please contact the PET (as above). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS/PARENTS/GUARDIANS AND CARERS

Paediatric Physiotherapy

Lower limb exercises

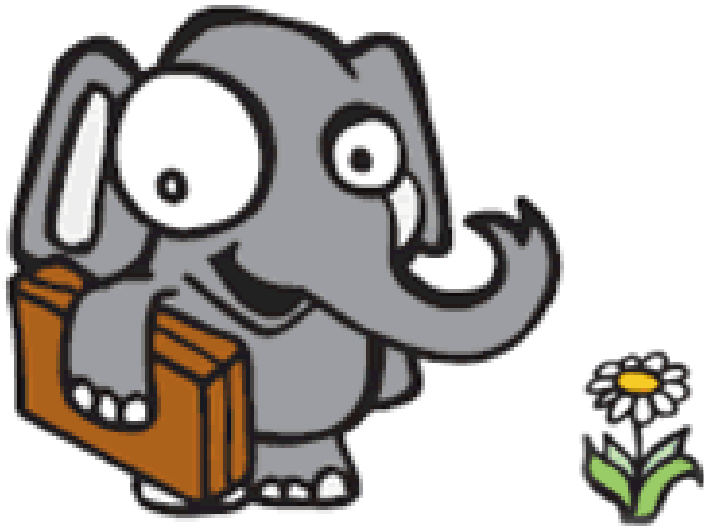


What's in this booklet?

This booklet will guide you through a variety of simple exercises for your legs and feet to build up your strength and mobility following illness or injury.

Please speak with your physiotherapist or occupational therapist who will be able to guide you on how to perform these exercises.

It is important to remember that these exercises should **not** cause you any sharp pain. If you feel significant discomfort from completing the exercises shown in this booklet, please contact the ward 25 physiotherapy team or another healthcare professional.



Further questions?

We're happy to answer any questions you may have when you get home related to you/your child's recovery.

Please contact Ward 25 and ask for the ward physiotherapist or occupational therapist on 01623 622515, extension 6181 or 3063.



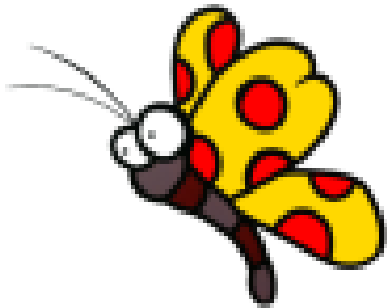
Extra things to do

Walking is the simplest way to build up the strength in your legs.

If you have had surgery, please make sure to follow any advice from your doctor, physiotherapist or occupational therapist as you may need to limit the amount of weight in your legs for a period of time.

Try to walk as naturally as possible. Try to contact your heel with the ground first, and push off from your toes. You may have been advised to use a walking aid, such as crutches, to help you to walk.

Remember to walk regularly but pace yourself. Allow yourself lots of rest.



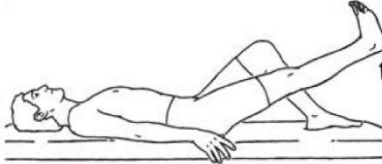
Bed or sofa exercises



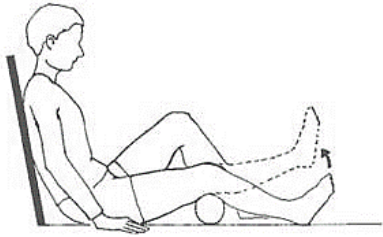
Push your knee down firmly into the bed, tightening your thigh muscle. **Hold** this for **5 seconds** then relax. Repeat 10 times each leg.



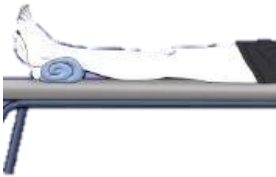
Bend and straighten your leg. Repeat 10 times each leg.



Straighten your leg and **tighten your thigh** muscle, now **lift it** off the bed. **Hold** this for **5 seconds** and **slowly lower**. Repeat 10 times each leg.



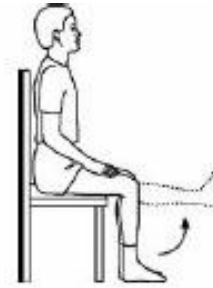
Place a towel under your knee. **Tighten** your thigh muscle then **lift your foot** from the bed. Repeat 10 times each leg.



Place a towel **under your ankle** and let your **knee gently sink** towards the bed. Repeat 10 times each leg.



Chair exercises



Pull your toes towards you, **straighten** your leg and tighten your thigh muscle. Repeat on both legs 10 times.



Slowly lift your knees **up and down** so you are **marching** your legs. Repeat 10 times each leg.



Bend and straighten at your legs by sliding your heels backwards and forwards. Repeat on both legs 10 times.