



ACCUCARE PHYSICAL THERAPY & SPORTS REHAB

7 SIMPLE EXERCISES TO IMPROVE ALL JOINT PAIN

Presented by Jennifer Pate, PT, DPT

A person with long brown hair tied in a ponytail, wearing a purple and blue jacket and a black backpack, is seen from behind, looking out over a vast, hazy mountain range. The backpack has a small logo and a green pom-pom hanging from it. The scene is misty and atmospheric.

INTRODUCTION

"The power is in your motivation"

We see many people come through our doors beginning their physical therapy journey because they want to make changes in their lives. Whether dealing with pain, limited range of motion, weakness, difficulty walking or something else, the underlining reason is that they are limited in their ability to enjoy life to the fullest.

The following book will demonstrate common exercises to strengthen the major muscle groups of the legs. These exercises are for information only. Only an evaluation by a Licensed Physical Therapist can determine your individual weakness or deficits before starting these exercises.

If you would like to find out about your exact weaknesses or limitations, give us a call to set up a **FREE Discovery Visit** (approx 20-30 minutes) to discuss how physical therapy can help you achieve a pain free life again.

630-761-0900

Who We Are

Jennifer Pate

Doctor of Physical Therapy



Jessica Swanson

Lead Strength & Condition
Specialist



SIT TO STANDS

Quadriceps

Start:

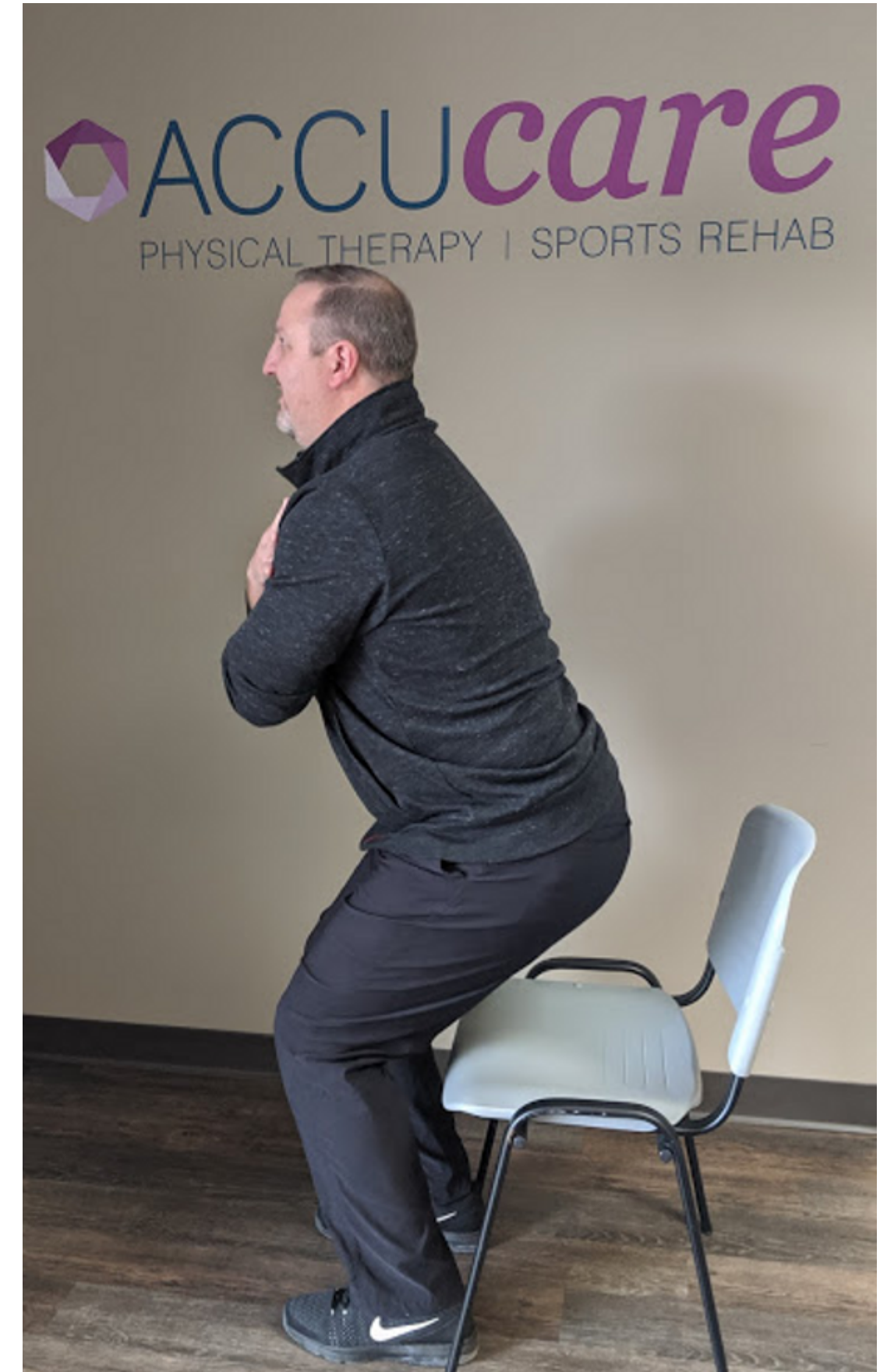
Perform this exercise by sitting on the edge of a chair with feet underneath your knees

Finish:

Stand up while ensuring your shoulders and knees shift forward

To **increase difficulty** cross arms at chest or lower the height of the chair

To **decrease difficulty** use 1 or 2 hands on arm rests or raise the height of the chair



LEG CURLS

Hamstrings

Start:

Perform this exercise by standing behind a chair

Finish:

While keeping your hip straight, bend knee and lift foot off floor

To **increase difficulty** use ankle weights or perform more repetitions

To **decrease difficulty** perform fewer repetitions or use no weight





HEEL RAISES

Gastrocnemius

Start:

Perform this exercise by standing behind a chair

Finish:

While keeping knees straight, raise up onto your toes

To **increase difficulty** perform more repetitions or wear a backpack with weights inside

To **decrease difficulty** perform fewer repetitions



TOE RAISES

Tibialis Anterior

Start:

Perform this exercise by sitting in a chair with feet out in front of you

Finish:

Lift toes and forefoot off floor while keeping your heel planted

To **increase difficulty** perform more repetitions or add a weight over forefoot

To **decrease difficulty** perform fewer repetitions

HIP EXTENSION

Glutes

Start:

Perform this exercise by laying face down on the floor or bed

Finish:

While keeping your knee straight, lift foot and thigh off surface

To **increase difficulty** use ankle weights or perform more repetitions

To **decrease difficulty** perform fewer repetitions and use no weight



HIP ABDUCTION

Glutes

Start:

Perform this exercise lying on your side on the floor or bed

Finish:

While keeping your knee straight, lift foot and thigh up while keeping your foot parallel to the floor

To **increase difficulty** use ankle weights or perform more repetitions

To **decrease difficulty** perform fewer repetitions and use no weight





SPINE FLEXIBILITY

Lower Back Joints

Start:

Perform this exercise by laying face down on floor or bed. Place hands under shoulders

Finish:

Using only your upper body, press up until elbows lock. Repeat 10 times

A smiling woman with long blonde hair, wearing a white knit hat with a pom-pom and a white fringed scarf, is shown in a forest setting. She is looking off to the side with a joyful expression. The background is filled with soft, out-of-focus sunlight filtering through the trees, creating a warm and inviting atmosphere.

EXP. NOVEMBER 30, 2019

FREE

**20-30 MINUTE
DISCOVERY VISIT**

Start living your life to the fullest! Call 630-761-0900 now!



WITH DIRECT ACCESS THERE IS NO NEED FOR REFERRALS!

CALL TO SCHEDULE AN APPOINTMENT!

Call today at 630-761-0900



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