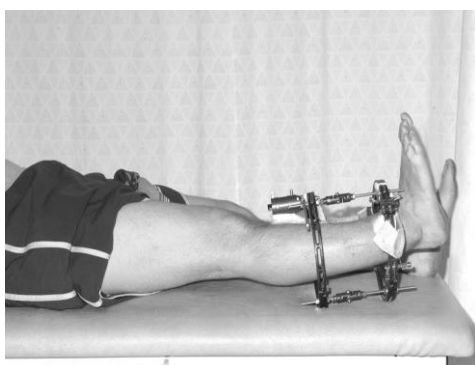


Patient information

Ilizarov Class Strengthening Exercises

Therapies – Physiotherapy Department

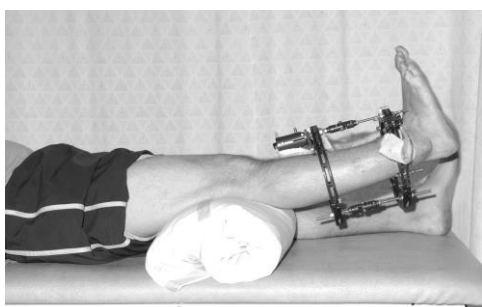


Knee extension

Lie on your back with both legs straight.

Tighten your thigh on your affected leg and push knee downwards towards the bed, hold for ten seconds and relax.

Repeat.....times

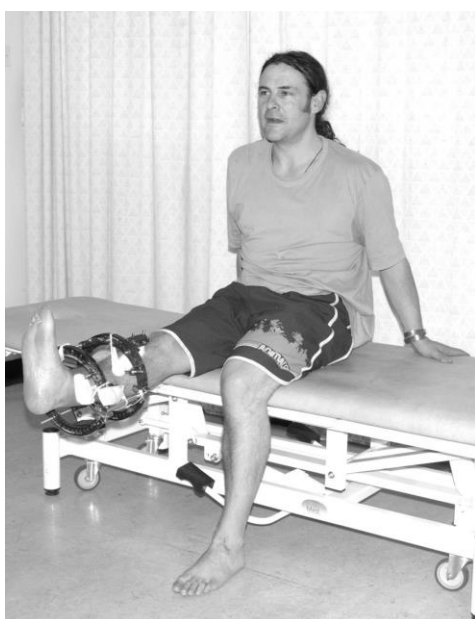


Inner range quads

Lying on your back.

Put a towel under the other knee.

Pull your foot and toes up and straighten the knee by tightening your thigh, then lower the leg.



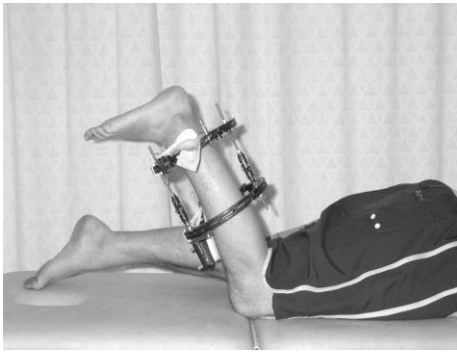
Through range quadriceps

Sit on a chair with your knee bent.

Pull your toes up and tighten the front thigh muscle to straighten your knee.

Slowly control back to a bent position.

Repeat.....times



Prone knee flexion

Lie face down with your hips flat and knees together.

Bend your knee keeping your hip flat and ankle flexed (bent), and then lower the leg to the bed.

Repeat.....times.



Hip extension

Lie face down.

Lift your affected leg towards the ceiling keeping your knee and back straight.

Repeat.....times



Hip abduction

Lie on your unaffected side.

Support yourself on your elbow.

Lift affected leg straight up to the ceiling. Slowly lower to other leg.



Standing knee flexion

Hold onto a support.

Bring your affected leg slightly backwards.

Bend knee lifting ankle towards your buttock.

Repeat times



Weight transfer

Stand with your legs apart and feet parallel with your hands on a worktop or the back of a chair.

Transfer your weight onto the affected leg.

Try to keep your shoulders level and in line with your hips.

Repeat times



Sit to stand

Sitting with your arms crossed, stand up and then sit down slowly to make contact with the seat.

Control must be maintained.

Repeat times



Wobbleboard

Try to balance the board avoiding letting the sides touch the floor.

Keep your hands close to support.



Heel raises

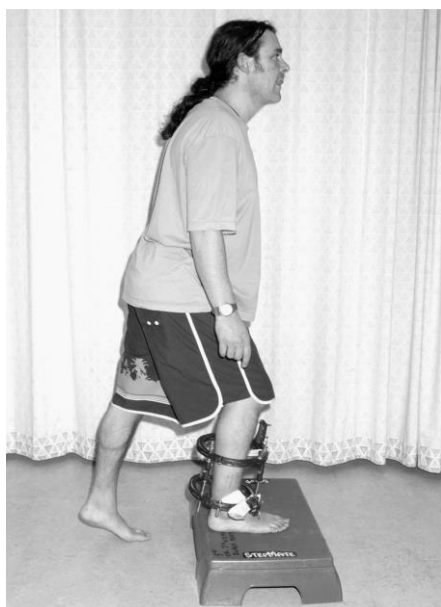
Stand holding on to support for balance.

Push up onto your toes as high as you are able.

Keep your knees straight.

Slowly lower heels.

Repeat.....times



Step ups

Step up with the affected leg then bring the other leg on to the step.

Step down with the affected leg following with the other leg.

Repeat times



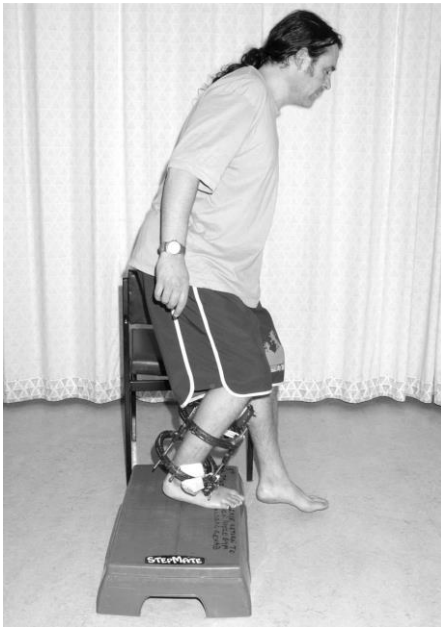
Lateral dip

Use support as required.

Stand sideways on a step with unaffected foot hanging over the edge of the step.

Slowly bend your knee allowing your unaffected foot to lightly touch the floor.

Repeat.....times



Forward dip

Stand on affected leg facing down on a small step.

Slowly bend your knee until your unaffected heel lightly touches the floor.

Slowly straighten your knee.

Repeat times



Trampoline

Stand on the trampoline, with feet level and slightly apart.

Use support if required.

Gently march on the spot.



Exercise bike

Adjust seat height to suit you.

Gently cycle on a low resistance.

Increase resistance when directed by your physiotherapist.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Therapies Limb Reconstruction Service

Ward 3

Broadgreen Hospital

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Author: Therapies

Review date: January 2025

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سند کراون، نه‌گمر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیز ی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دمنگ، هیلای موون و نه‌لیکترۆنیک‌ی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.