

# LOWER EXTREMITY Exercises

## INCLUDES:

- ☑ Lower Extremity Exercises
- ☑ Lower Extremity Exercises Seated in Chair
- ☑ Lower Extremity Exercises Seated in Wheelchair

CARDS

»» 2 PER PAGE

# LOWER EXTREMITY

## Exercise CARDS

### BENEFITS:

- A fun way to teach and encourage children to develop muscle strength, balance, and overall body strength.
- Muscle strength refers to the amount of force that a child's muscle generates to support their joints, hold their body in upright postures, and move against gravity.
- Infants and young children develop muscle strength when playing in and transitioning between developmental positions such as prone, hands and knees, kneeling, and standing and during motor play (climbing, jumping, stepping up/down, squatting and standing, running, lifting, and carrying toys).
- The following lower extremity exercises are used by therapists to further develop muscle strength and improve proximal stability (stability of the joints closest to the body such as the shoulder girdle and the hip joint) thus providing the support needed for optimal postural alignment and endurance, improved balance, and age appropriate motor coordination.
- Increased shoulder stability and upper extremity strength provides a foundation for increased hand strength and improved fine motor control and precision.
- Improved hip stability and lower extremity strength provides a strong foundation for controlled transitions into and out of positions, efficient gait, and improved mobility skills (running, jumping, hopping, and climbing).

### ASSEMBLY INSTRUCTIONS:

1. Print Exercise cards (2 per page) on heavy paper or laminate for durability.
2. Cut out each individual card.

### HOW TO USE:

The following exercises can be assembled to provide a visual teaching tool for clinics and therapists to use when teaching and completing exercises in therapy sessions.

1. Select an Lower Extremity Exercise.
2. With the therapist's assistance as needed, the child is to assume the position depicted on the teaching cards.

# LOWER EXTREMITY EXERCISES CARDS

## Categories

### 1. LOWER EXTREMITY EXERCISES

- Toe-Ups
- Wall Squats
- Squats
- Sit-to-Stands
- Stand-Ups
- Lunges
- Step-Ups
- Lower Extremity Scooter Board
- Foot/Ankle Strengthening using Bubbles
- Foot/Ankle Strengthening using a Ball
- Foot/Ankle Strengthening using Small Toys
- Side Leg Lift (Hip Abduction)
- Flutter Kicks
- Reverse Crunch

### 2. LOWER EXTREMITY EXERCISES SEATED IN CHAIR

- Seated Marching
- Seated Leg Kicks
- Seated Knee Raises

### 3. LOWER EXTREMITY EXERCISES SEATED IN WHEELCHAIR

- Seated Marching
- Seated Leg Kicks
- Seated Knee Raises

# LOWER EXTREMITY Exercises

1. Toe-Ups
2. Wall Squats
3. Squats
4. Sit-to-Stands
5. Stand-Ups
6. Lunges
7. Step-Ups
8. Lower Extremity Scooter Board
9. Foot/Ankle Strengthening using Bubbles
10. Foot/Ankle Strengthening using a Ball
11. Foot/Ankle Strengthening using Small Toys
12. Side Leg Lift (Hip Abduction)
13. Flutter Kicks
14. Reverse Crunch

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**CARDS**  
2 PER PAGE

# LOWER EXTREMITY

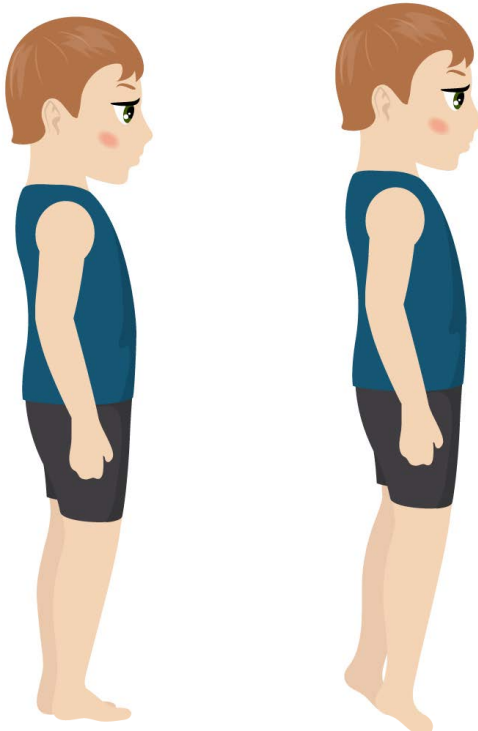
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## Exercises

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## TOE UPS

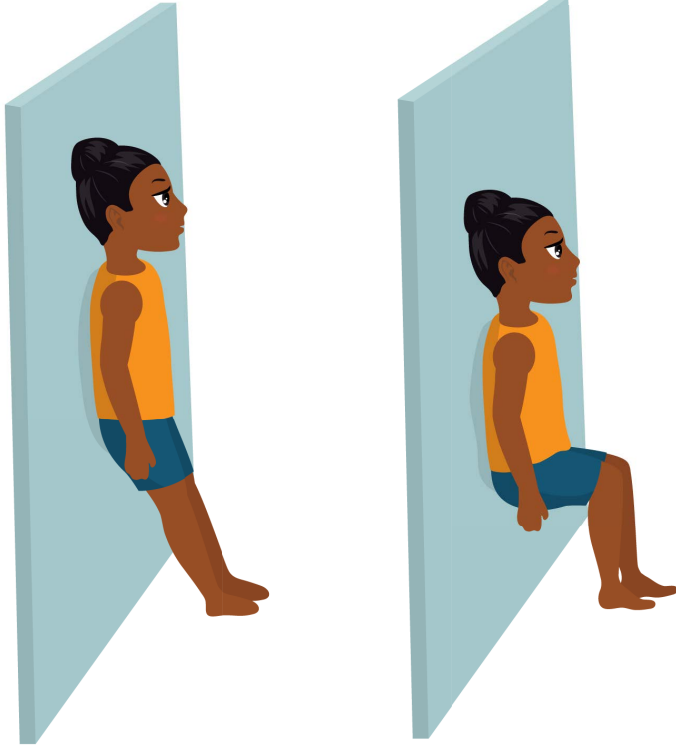
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- Standing up straight and tall, raise high up onto your toes.
- Slowly lower back down.
- Repeat \_\_\_\_ times.

# WALL SQUATS

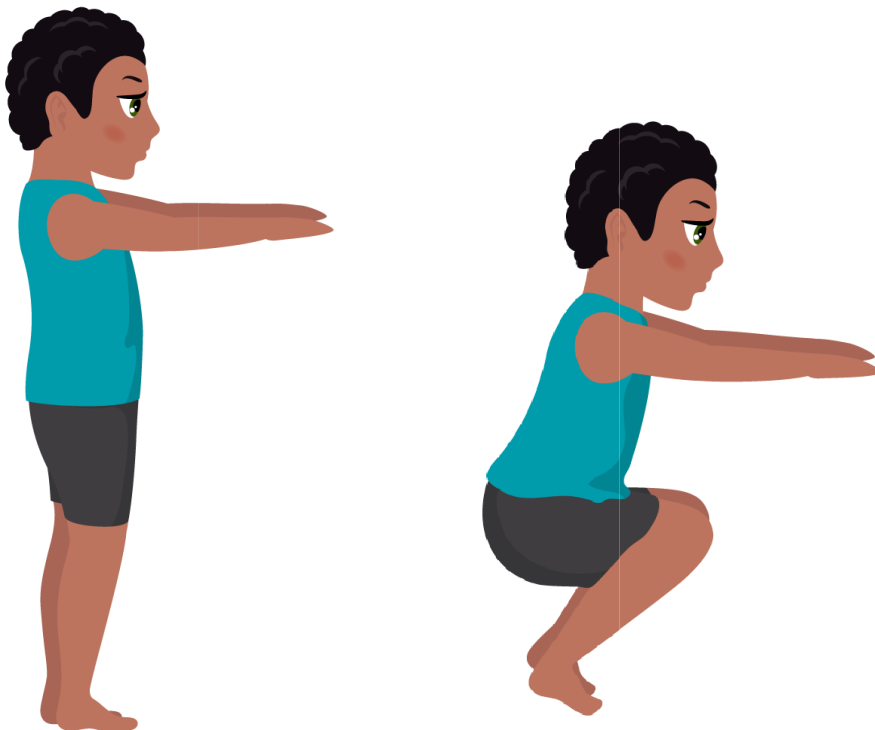
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- ✓ Stand with your back against the wall and feet about one foot from the wall.
- ✓ Slowly slide your back down the wall, pretending to sit in an invisible chair.
- ✓ Hold for a count of three.
- ✓ Make sure to keep your back and shoulders against the wall.
- ✓ Slide back up into standing.
- ✓ Repeat \_\_\_\_ times.

# SQUATS

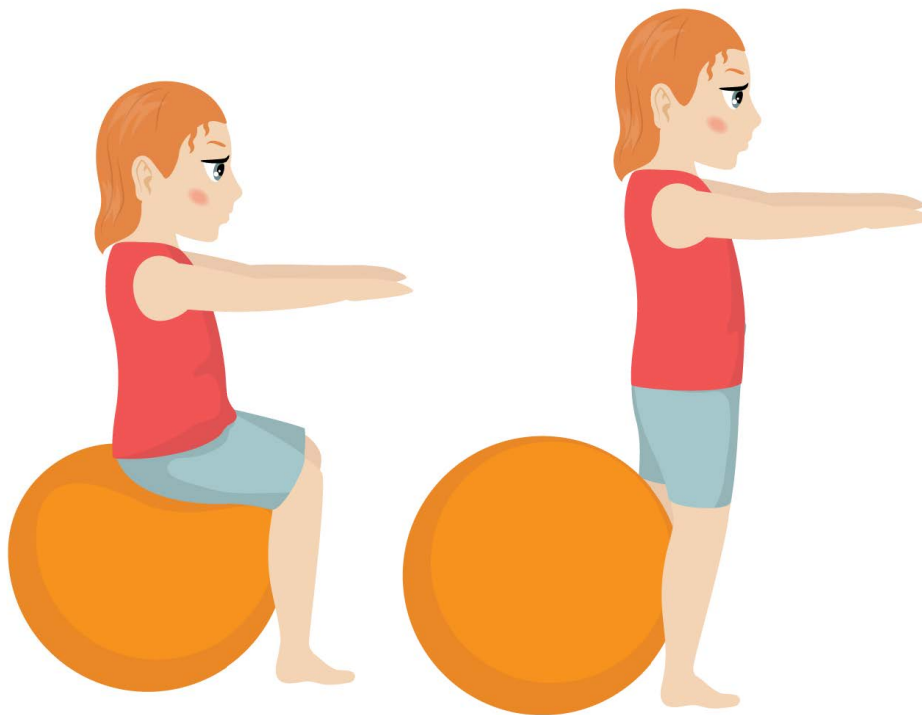
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- ✓ Start in a standing position with feet slightly apart.
- ✓ Squat down to the floor, as far as you can while keeping trunk upright and without losing balance.
- ✓ Stand back up.
- ✓ Repeat \_\_\_\_ times.

# SIT-TO-STANDS

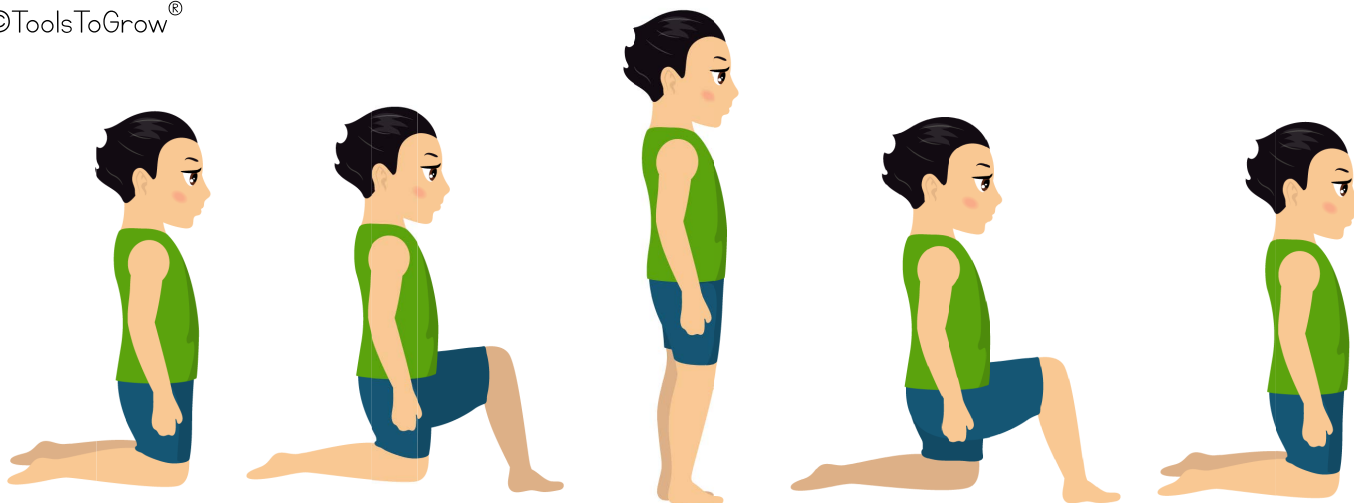
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- ☑ Start in a seated position on a bolster, stabilized ball, or small chair.
- ☑ Lean forward and stand without using upper extremities for support.
- ☑ Slowly return to sitting.
- ☑ Repeat \_\_\_\_ times.

# STAND-UPS

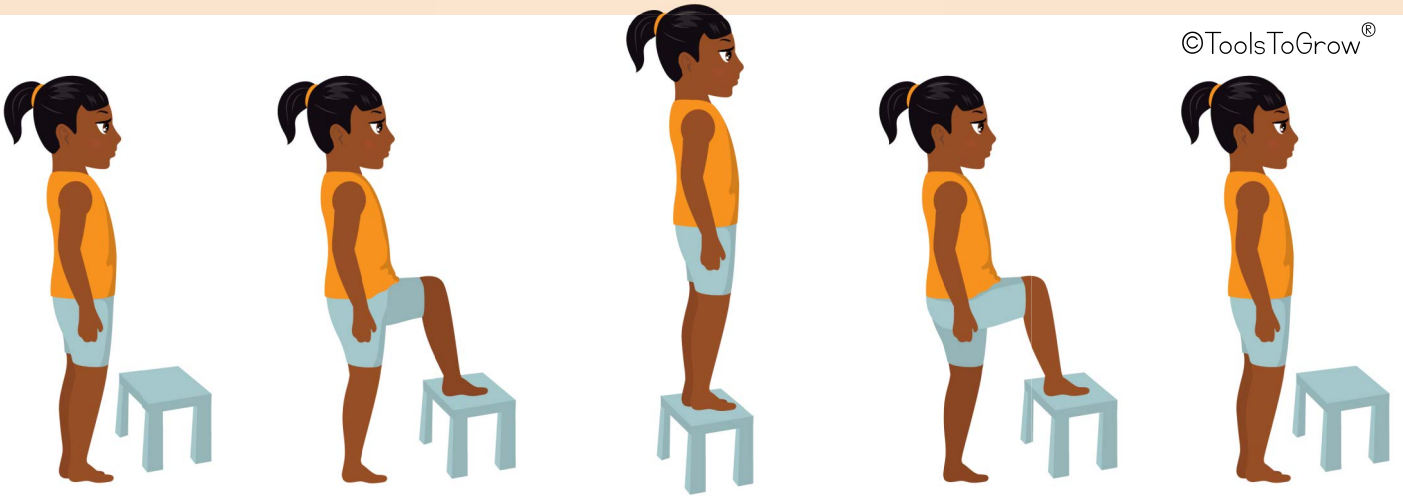
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- ☑ Start in a tall kneeling position.
- ☑ Raise one leg up and push using that leg to stand up.
- ☑ Do not use hands on floor or furniture while standing or returning to kneel.
- ☑ Return to tall kneel through the same motion.
- ☑ Repeat \_\_\_\_ times.

# STEP-UPS

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- ✓ Stand on floor facing a small step, curb, or bench.
- ✓ Step “up, up, down, down, \_\_\_ times leading with \_\_\_ foot.
- ✓ Repeat, leading with opposite leg.
- ✓ Repeat \_\_\_ times.

VARIATIONS: (1) Play music and encourage child to keep going until the song ends. (2) Put colored spots on the floor to each side of the bench or step. Shout out which color to step to, stepping front/back to strengthen hip flexion/extension and to each side to strengthen hip abduction/hip adduction.

# LOWER EXTREMITY SCOOTER BOARD

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- ✓ Seated on a scooter board, use lower extremities to:
  - Pull forward by flexing knees (strengthens knee flexors= hamstrings) or
  - Push backward by extending knees (strengthens knee extensors= quadriceps).
- ✓ Dig heels into the floor and point toes up to ceiling (strengthens ankle dorsiflexion).



# FOOT/ANKLE STRENGTHENING USING BUBBLES

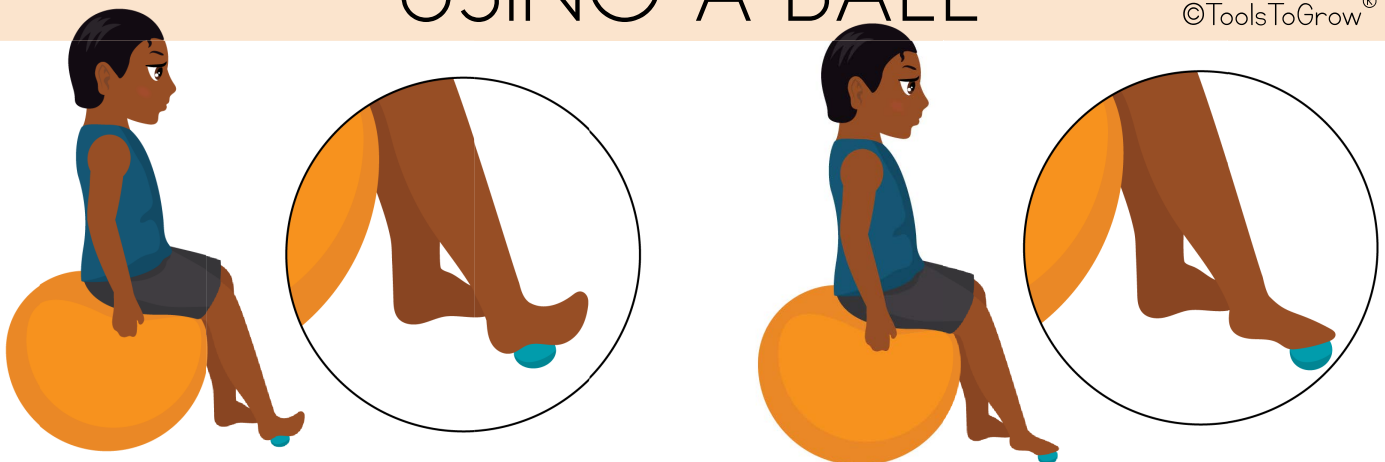
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- ✓ Sit on a bench or small chair with foot on floor.
- ✓ Keep hip and leg still, heel down, lifting foot up/to sides to pop bubbles or touch toy held by therapist or parent.
- ✓ Repeat \_\_\_\_ times.
- ✓ Repeat on the other side.

# FOOT/ANKLE STRENGTHENING USING A BALL

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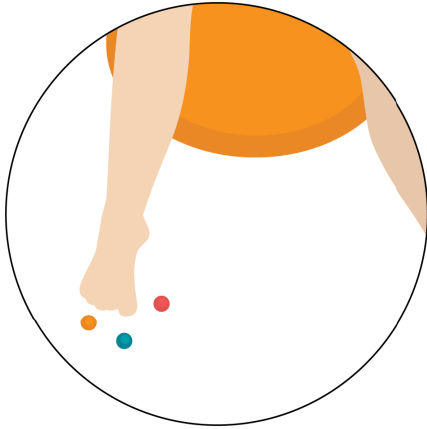


- ✓ Sit on a bench or small chair with foot on a small ball.
- ✓ Move the ball back and forth from under your heel to under the balls of your feet.
- ✓ Use your foot to move the ball in a circle, clockwise, and counter-clockwise.
- ✓ Repeat \_\_\_\_ times.
- ✓ Repeat on the other side.

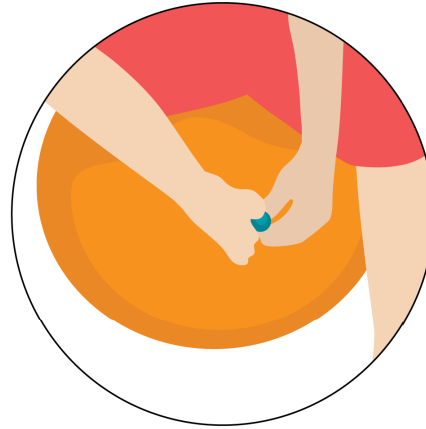
\*Keep hip and leg still while moving foot/ankle.

# FOOT/ANKLE STRENGTHENING

## SMALL TOYS



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- ✓ Sit on a bench, chair or small ball with foot on floor.
- ✓ Using toes to grab small toys, cubes, or checkers, lift leg and turn foot to reach the toy with hand.
- ✓ Repeat \_\_\_\_ times.
- ✓ Repeat on the other side.

# SIDE LEG LIFT

## HIP ABDUCTION

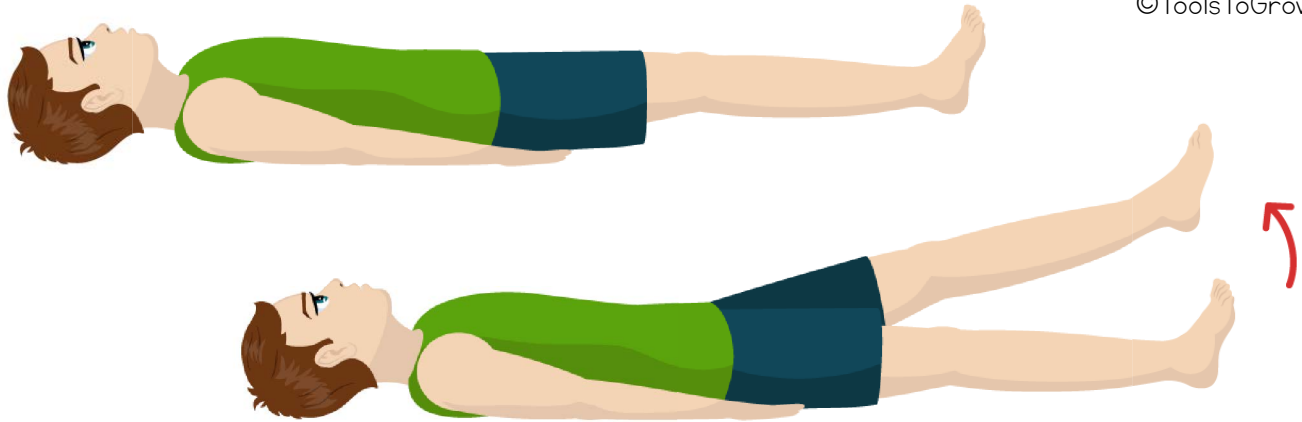
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- ✓ Start by lying on your side with one hand supporting your head and one hand on the floor in front of you.
- ✓ Keeping your legs straight, lift your top leg.
- ✓ Repeat \_\_\_\_ times.
- ✓ Repeat on the other side.

# FLUTTER KICKS

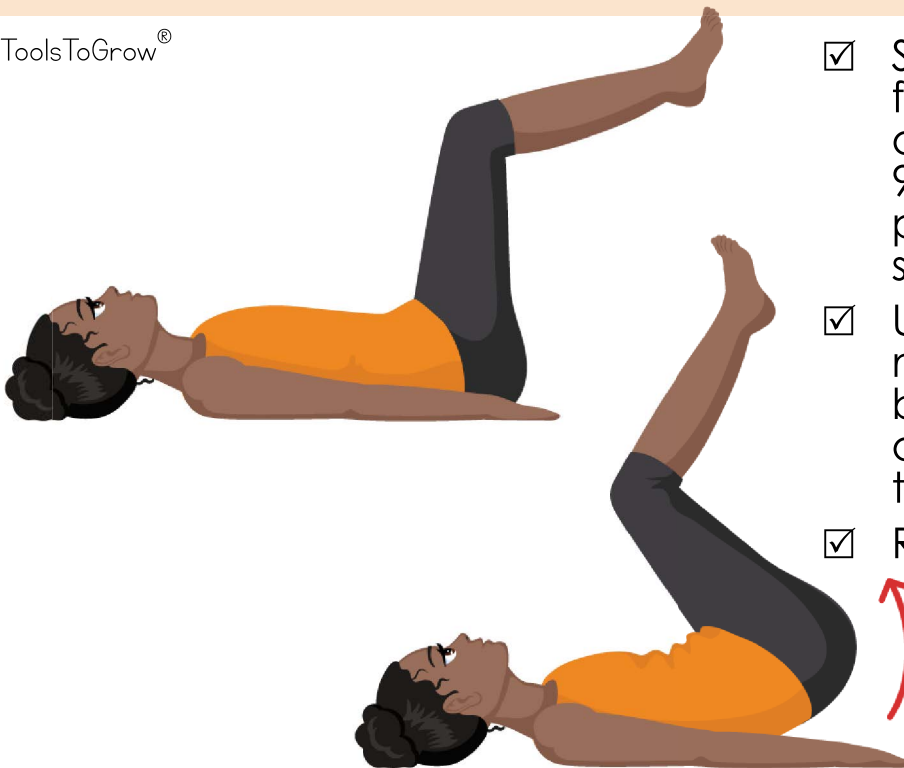
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- ✓ Start by lying on your back on the floor, arms at your sides or tucked under your legs.
- ✓ Keeping legs straight, lift both legs slightly from the floor and alternate up/down in a scissoring motion.
- ✓ Keep your lower back on the floor.
- ✓ Repeat for \_\_\_\_ kicks.

# REVERSE CRUNCH

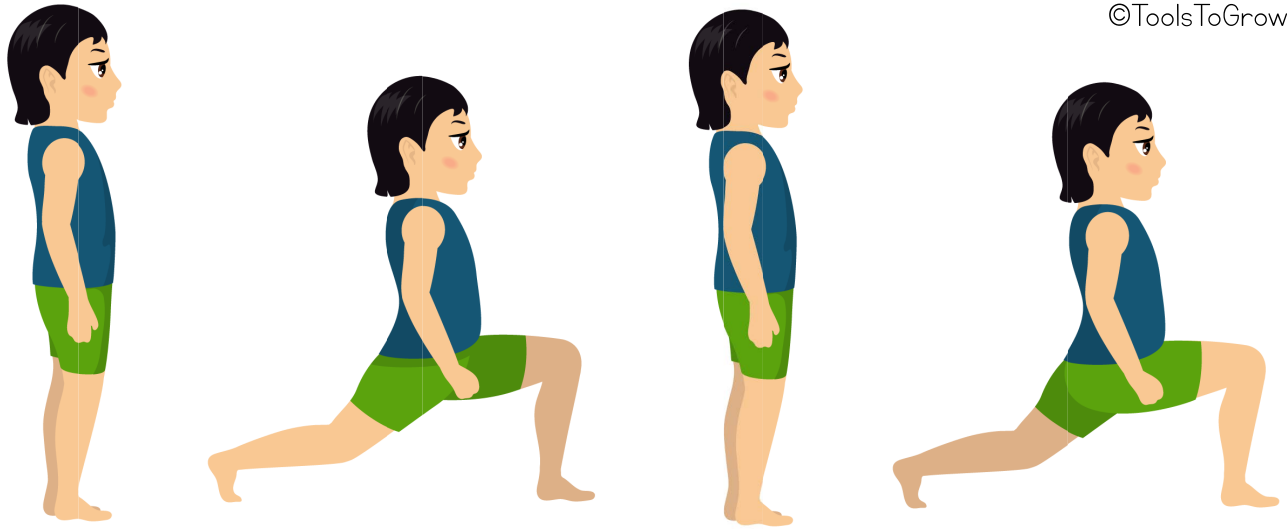
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- ✓ Start by lying on the floor with legs lifted to a 90 degree hip and 90 degrees knee position, hands at your sides.
- ✓ Using your stomach muscles, lift your bottom off of the floor and gently return to the starting position.
- ✓ Repeat \_\_\_ times.

# LUNGES

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- Start in a standing position with feet slightly apart.
- Take a large step forward, bending back knee toward the floor, and then step back into starting position.
- Repeat on other leg.
- Repeat \_\_\_\_ times.

# LOWER EXTREMITY *Exercises*

## SEATED IN A CHAIR

1. Seated Marching
2. Seated Leg Kicks
3. Seated Knee Raises

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**CARDS**  
2 PER PAGE

# LOWER EXTREMITY

## Exercises

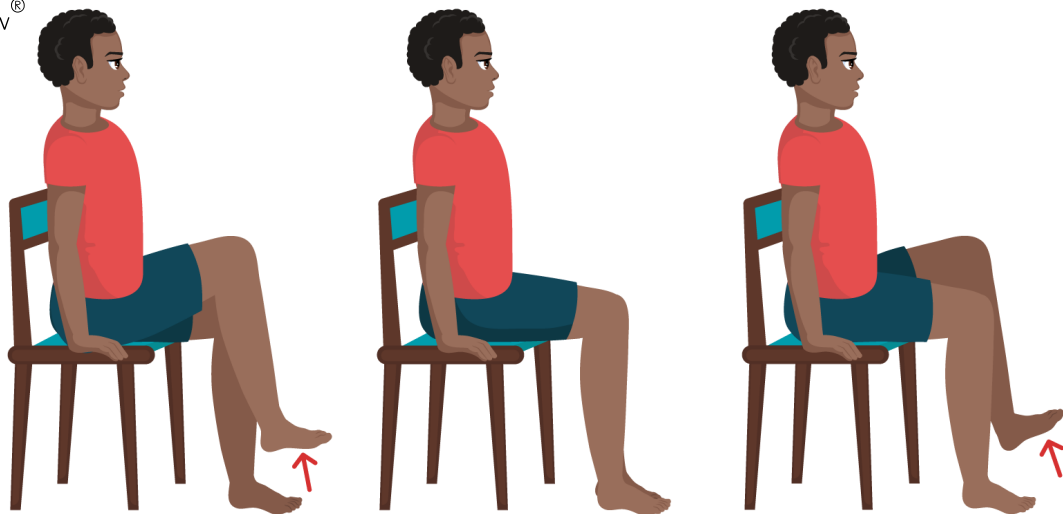
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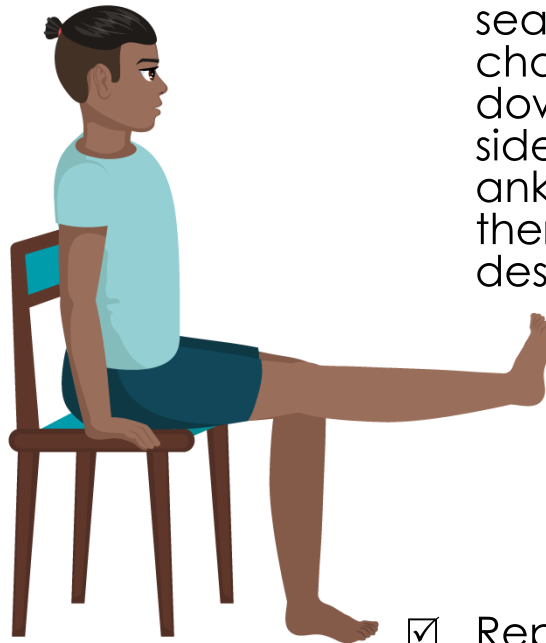
# SEATED MARCHING

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- ☑ Start in a seated position in your chair with hands beside you on the seat.
- ☑ Lift legs alternately in a marching fashion.
- ☑ Repeat \_\_\_\_ times.

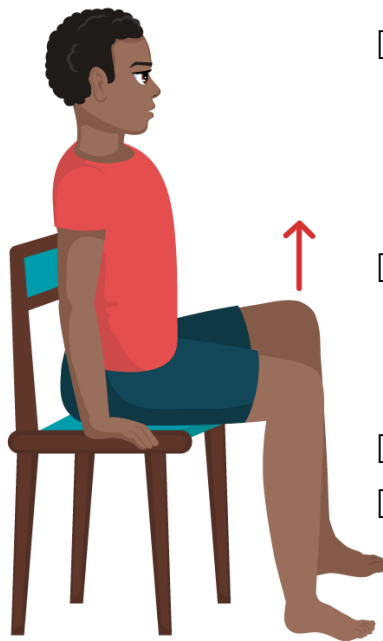
# SEATED LEG KICKS



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- ☑ Start in an upright seated position in a chair with arms down at your sides. May use an ankle weight or theraband if desired.
- ☑ Straighten knee by kicking one leg out and slowly returning to start.
- ☑ Repeat \_\_\_\_ times on each side.

# SEATED KNEE RAISES



- ☑ Start in a seated position in your chair with hands beside you on the seat.
- ☑ Lift knee off the ground and then place it back on the floor.
- ☑ Repeat \_\_\_\_ times.
- ☑ Repeat on the other side.

# LOWER EXTREMITY *Exercises*

## SEATED IN A WHEELCHAIR

1. Seated Marching
2. Seated Leg Kicks
3. Seated Knee Raises

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**CARDS**  
2 PER PAGE



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## Exercises

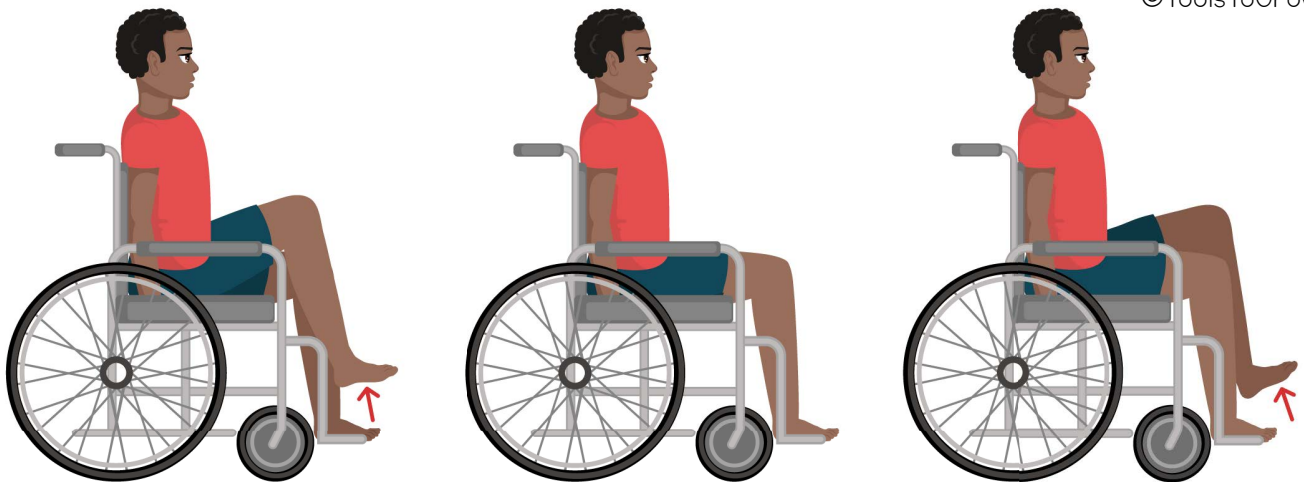
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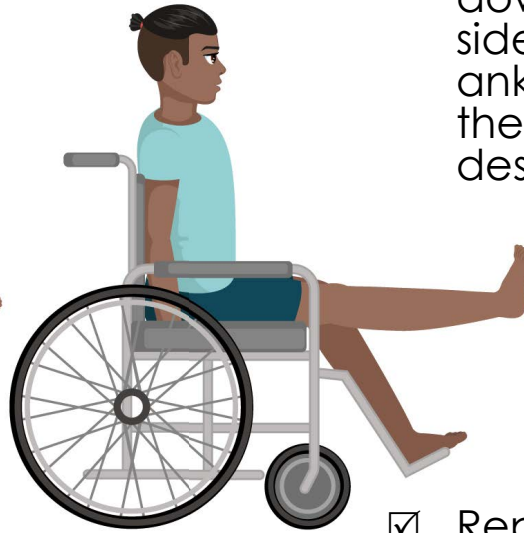
# SEATED MARCHING

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- ☑ Start in a seated position in your chair with hands beside you on the seat.
- ☑ Lift legs alternately in a marching fashion.
- ☑ Repeat \_\_\_\_ times.

# SEATED LEG KICKS



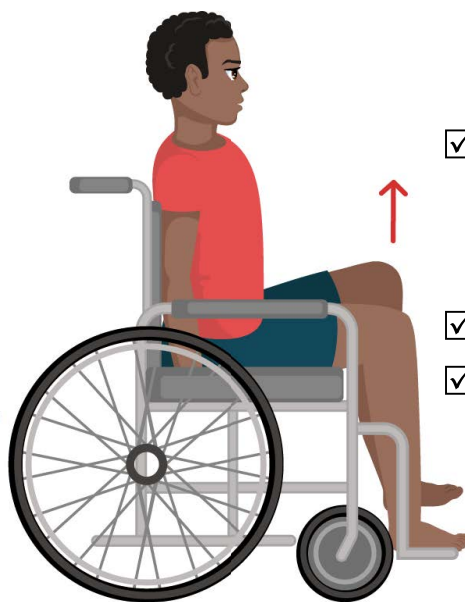
- ✓ Start in an upright seated position in a chair with arms down at your sides. May use an ankle weight or theraband if desired.

- ✓ Straighten knee by kicking one leg out and slowly returning to start.

- ✓ Repeat \_\_\_\_ times on each side.

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# SEATED KNEE RAISES



- ✓ Start in a seated position in your chair with hands beside you on the seat.

- ✓ Lift knee off the ground and then place it back on the floor.

- ✓ Repeat \_\_\_\_ times.

- ✓ Repeat on the other side.