

## LOWER LIMB EXERCISE PROGRAM

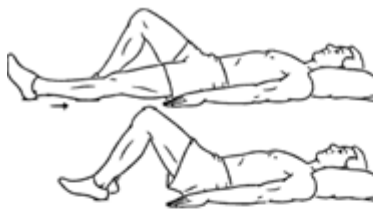
After an injury, an exercise program is important to help you return to daily activities and enjoy a healthier lifestyle. This is a general shoulder conditioning program that you may consider doing.

**Do not ignore pain:** You should not feel much pain during or after an exercise. Talk to your doctor or physiotherapist if you have any pain while exercising, or are not sure how to do an exercise.



As shown on the diagram, this is the **pain level** that you may expect during or after exercising. However, it should resolve within 5 minutes with rest! You may perform these exercises with **8-10 repetitions x 3 sets**.

### <sup>1</sup> Knee flexion-extension



### <sup>2</sup> Heel raise



### <sup>3</sup> Clam shell - abduction



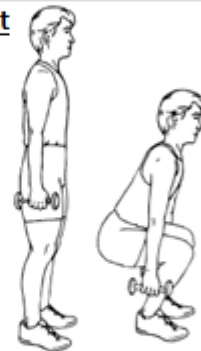
### <sup>4</sup> Wall squat



### <sup>5</sup> Sit to stand



### <sup>6</sup> Squat



### <sup>7</sup> Bridging



### <sup>8</sup> Single leg bridging



### <sup>9</sup> Dead lift



THIS INFORMATION IS PROVIDED AS AN EDUCATIONAL SERVICE ABOUT EXERCISES TO HELP YOUR RECOVERY. YOU MAY CONSULT YOUR DOCTOR OR PHYSIOTHERAPIST TO HELP YOU MEET YOUR REHABILITATION GOALS.