



Bloomsbury Osteopathy

Ankle and Foot

Strengthening of the quadriceps using exercise band FOTS05

Function:

To increase the strength of the quadriceps muscle and to help stabilize the knee and hip joints.

Method:

Starting Position:

Be seated with legs outstretched in front of you. Tie a close loop of exercise band around the desired foot (or loop it between the big toe and second toe) and secure the other end of the band on an object behind you such as the back leg of the chair. Take up the slack in the band.

Action:

Slowly and in a controlled manner extend your knee by straightening your leg. At end of range, hold for 5 seconds before returning slowly to the start position. Repetitions, sets and external resistance is will be prescribed by your osteopath.

Notes:

User a secure stable chair. Repetitions, sets and external resistance is will be prescribed by your osteopath.

TOE CURLING EXERCISE
(FOTS05)

