



# Little Fishes Swimming School



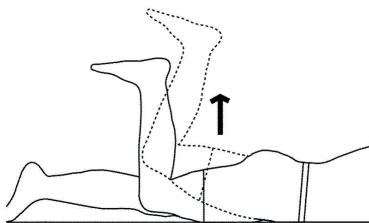
# Leg exercises

in partnership with



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*Biokineticists*

## AROM hip ext prone knee bent

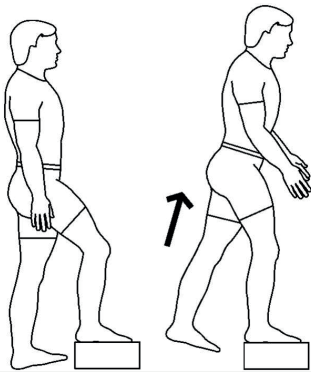


- Lie face down, knee bent on involved leg.
- Lift leg upward.
- Return to starting position.

**Perform 3 sets of 20 repetitions, once a day.**

Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

## AROM knee step ups



- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

**Special Instructions:**  
Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.  
**Perform 3 sets of 20 repetitions, once a day.**

Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

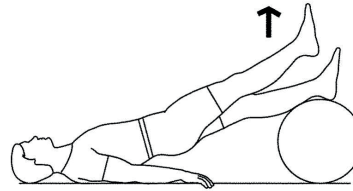
## Resist hip fix straight leg stand w/elastic

- Attach elastic to secure object at ankle level.
- Loop band around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Slowly return to start position and repeat.

**Special Instructions:**  
Keep back straight.  
**Perform 3 sets of 10 repetitions, once every other day.**

Use elastic.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

## AROM hip ext alt straight leg w/ball



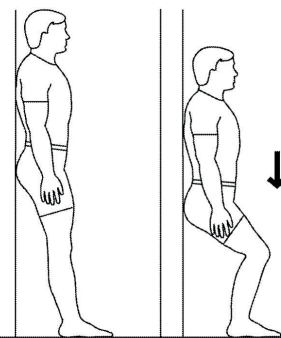
- Lie on back with ankles on ball.
- Lift buttocks up as shown.
- Lift one leg off of ball and lower leg back to ball.
- Lift other leg off of ball and

lower leg back to ball.  
• Lower buttocks and repeat.

**Perform 3 sets of 20 repetitions, once a day.**

Use ball.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

## AROM knee wall slide bil partial

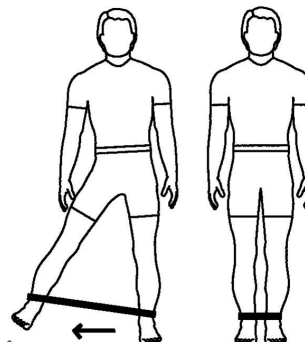


- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Bend knees to 45 degrees.
- Hold 5 seconds.
- Return to starting position.

**Perform 3 sets of 20 repetitions, once a day.**

Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

## Resist hip side kick w/elastic



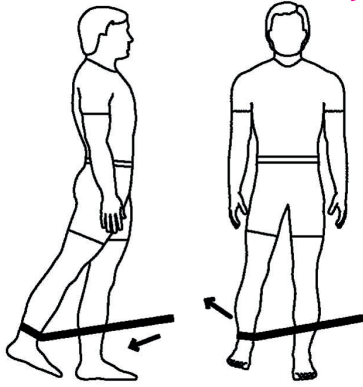
- Loop elastic around ankles.
- Kick leg outward and quickly repeat.
- Keep toes pointed straight ahead and do not bend trunk.

**Perform 3 sets of 10 repetitions, once every other day.**

Use elastic.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.



### Resist hip diag D2 w/elastic

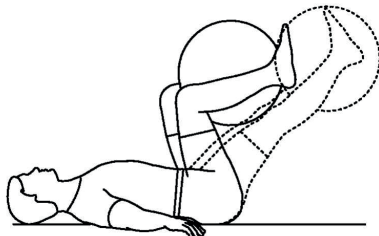


- Attach elastic to secure object.
- Loop elastic around ankle.
- Keep knee straight.
- Move leg back and out from body.
- Return to start position and repeat.

**Perform 3 sets of 10 repetitions, once every other day.**

Use elastic.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

### Resist knee ext bil supine w/ball



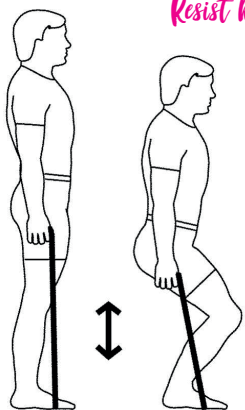
- Lie on back.
- Bend knees and grasp ball between ankles.
- Tighten abdominal muscles, lift ball up to chest.
- Straighten knees, lifting ball.

- Lower to chest and lower to floor.
- Repeat

**Perform 3 sets of 10 repetitions, once every other day.**

Use ball.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

### Resist knee squat bil full w/elastic

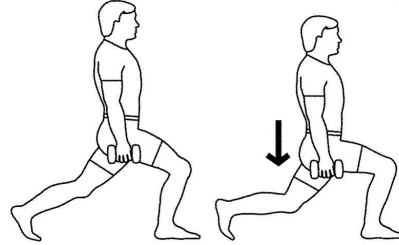


- Stand on both legs.
- Hold elastic in both hands, elbow straight.
- Place elastic under feet.
- Bend knees to 90 degrees.
- Pull to add tension to elastic.
- Straighten knees.
- Slowly repeat.

**Special Instructions:**  
Keep back straight.  
**Perform 3 sets of 10 repetitions, once every other day.**

Use elastic.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

### Resist hip/knee flex (lunge squat) w/wt



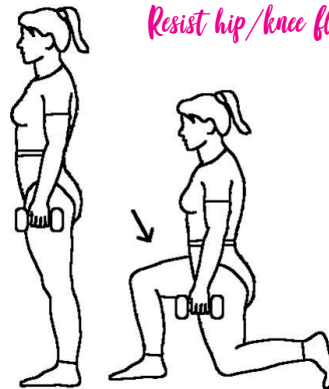
- Hold weights in hands.
- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.

- Continue to lower and raise while in lunge position.

**Perform 3 sets of 10 repetitions, once every other day.**

Use Lbs.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

### Resist hip/knee flex (reverse lunge) w/wt



- Stand holding weights at side, palms inward.
- Step back with one leg until rear knee almost touches floor.
- Front leg should not extend past toes.
- Push back up forward to a standing position.
- Repeat.

**Perform 3 sets of 10 repetitions, once every other day.**

Use Lbs.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

### Resist ankle calf raises uni stand w/wt



- Stand with feet shoulder distance apart.
- Hold weights in hands.
- Bend knee of one leg.
- Lift up on ball of foot.
- Return to start position and repeat.
- Repeat sets with other leg.

**Perform 3 sets of 10 repetitions, once every other day.**

Use Lbs.  
Rest 1 minute between sets.  
Perform 1 repetition every 4 seconds.

**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against the possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.**

