

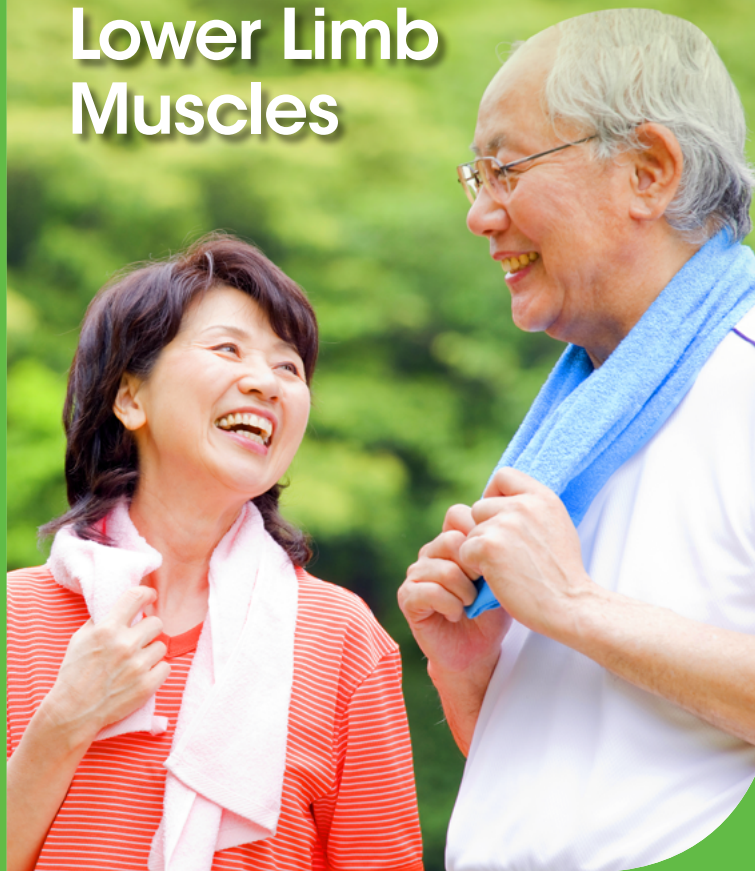
## Falls Prevention Task Group

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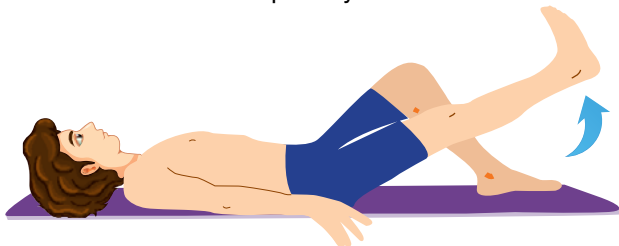
# Falls Prevention — Strengthening Exercises for Lower Limb Muscles



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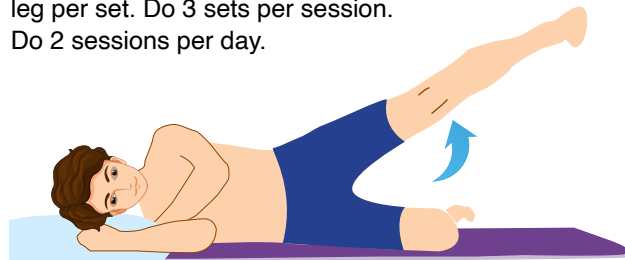
## Straight Leg Raise

Lying on your back, tighten muscles on top of thigh and keep knee straight. Lift leg 20 to 30 inches from bed. Repeat 10 times each leg per set. Do 3 sets per session. Do 2 sessions per day.



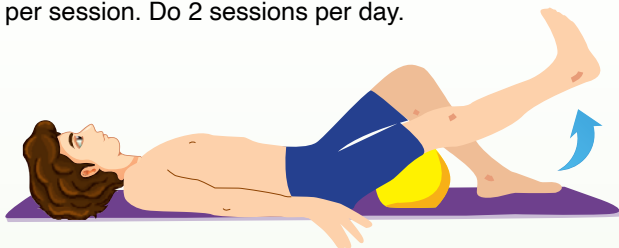
## Straight Leg Raise - Side-Lying

Lying on your side, bend bottom leg. Tighten muscles on thigh of top leg, then lift leg 30 to 40 inches from surface, keeping knee straight. Repeat 10 times each leg per set. Do 3 sets per session. Do 2 sessions per day.



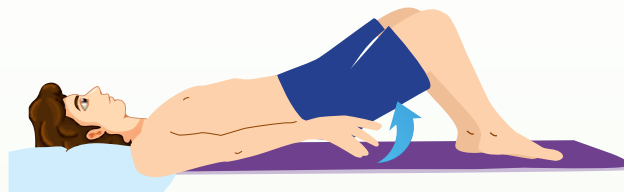
## Quads Strengthening

Lying on your back, place a rolled towel or bolster under knee. Gradually straighten knee by tightening muscles on top of thigh, keeping bottom of knee on bolster. Repeat 10 times each leg per set. Do 3 sets per session. Do 2 sessions per day.



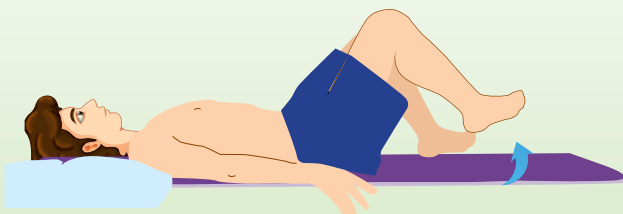
## Bridging

Lying on your back, bend knees with feet resting on bed. Slowly raise buttocks from bed. Repeat 10 times per set. Do 3 sets per session. Do 2 sessions per day.



## Core Muscles Strengthening

Lying on your back, bend knees and tighten stomach. Slowly raise one leg 10 inches from bed. Hold for 5 seconds and relax. Repeat 10 times each leg per set. Do 3 sets per session. Do 2 sessions per day.



## Bridging with Straight Leg Raise

Lying on your back, bend knees with feet resting on bed. Lift buttocks from bed. Then slowly extend left knee. Return to original position and repeat with right leg. Repeat 10 times per set. Do 3 sets per session. Do 2 sessions per day.

