
Exercises D: With foot

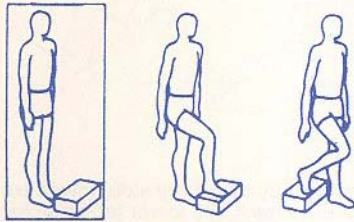


Exercise **1**

Starting position : Stand on a foot-stool and support the weight of the body upon the healthy leg while leaving the other foot hanging in air.

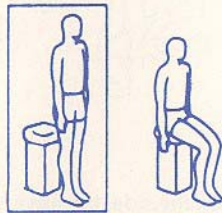
Method : Swing the leg forwards and backwards.

Exercise 2



Starting position : Standing before a low foot-stool. (Practical exercise : climb up and down the stairs)

Method : Step on the stool by putting the affected leg up first and then climb down on the other side by putting the healthy leg forward. Repeat the exercise by practising on a staircase.



Exercise 3
Starting position

: Stand with the stool placed just behind you,
(Practical exercise : Sitting down and
getting up)

Method

: Sit down and then get up (in the beginning and
in order to make the exercise easy, cushion
should be put upon the stool).



The diagram consists of two line drawings. The left drawing shows a human figure standing upright with the right leg raised and resting on a rectangular stool. The right drawing shows the same human figure bent forward at the hips, reaching down with both hands to touch the foot of the raised leg.

Exercise 4

Starting position : Standing in front of a stool, upon which you will rest the foot of the sick leg. (Practical exercise : To wear shoes and tie shoe laces).

Method : Bend forwards in front and try touching the foot simultaneously with both the hands.

Exercises E: Postures which help in extending the hip



Lying on the back **1**

The bust slightly raised, legs extended, a hard cushion is placed or a double folded blanket is placed under the buttocks. There should be nothing under the thighs. Remain in this position for 10 to 30 minutes per day.



**Lying
on the stomach**

2

Place a cushion under the stomach, another cushion under the thighs and third cushion under the feet. The region of the groin should have no support. Remain in this position for 10 to 30 minutes per day.