

## Home Exercise Program (Strengthening Exercises) for Limb Lengthening

### Phase II

#### Sit to Stand Exercise

- Sit on a comfortable chair
- Push through your hips and thighs (not your knees) to stand up and sit down
- Repeat 10 times, 2-3 times per day



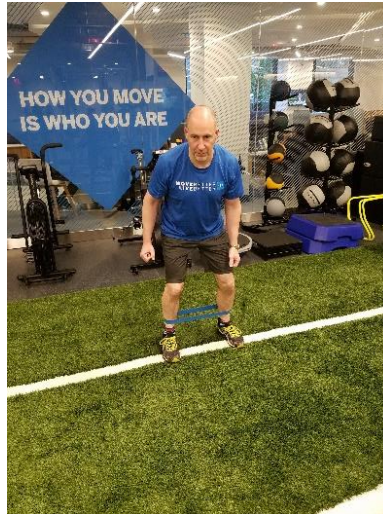
#### Step Up Exercise

- Using a box or step, climb up while raising the opposite knee and holding up the leg, then step back off the box without putting the leg down on the box
- Repeat 10 times with each leg, 2-3 times per day. Start with a 4 inch box or step, then progress to and 8 inch, 10 inch or 12 inch step height eventually



## Side Stepping Exercise

- Stand with your feet together, slightly bending the knees, step sideways
- Do 10-12 steps one way and 10-12 steps back, repeat 3 cycles, 2-3 times per day. Add an elastic band to make more difficult



## Standing Hip Extension with Elastic Band

- Standing straight with an elastic band placed around the lower leg, extend the leg back using your HIP, not the knee
- Try not to lean forward for back but maintain good posture. You can hold something for support if needed you can try to balance without holding on to make it more difficult
- Hold 1-2 seconds, repeat 10 times, 2-3 times per day



## **Standing Hip Abduction with Elastic Band**

- Standing with an elastic band around the lower leg, move the leg away from the body using your hip muscles
- Try to maintain good posture standing upright and not leaning to the side. You can hold onto something for support if needed or you can try balancing to make it more difficult
- Hold 1-2 seconds and repeat 10 times, 2-3 times per day

