



Home Exercise Program (Strengthening Exercises) for Limb Lengthening

Phase I

Quad Sets

- Place a small towel roll (2"-4" in diameter) under the knee on the involved leg
- Tighten the Quadriceps Muscle (front of the thigh) and press down against the towel while keeping the heel on the table. Hold for 5-10 seconds. Repeat 10 times, 3-5 times throughout the day.



Straight Leg Lifts

- Laying on your back, keeping one leg bent (if able) and the other leg straight, lift the straight leg up and lower it down keeping the muscles tight
- Hold for 1-2 seconds and repeat 10 times, 3-5 times per day



Bridging

- Laying on your back with knees bent, squeezing the hips together (tightening the Glut Muscles) gently raise your hips off the floor or bed
- Hold for 5 seconds, and gently lower yourself down slowly, repeat 10 times, 3-5 times per day



Hip Abduction

- Laying on your side try to raise the top leg up and down without allowing it to move forward, try to keep in in line or slightly behind your body WITHOUT your body rolling back. Stay directly on your side so your hips are stacked on top of one another
- Hold 1-2 seconds, repeat 10 times, 3-5 times per day



Calf Strengthening

- With the leg straight in front of you, place a towel roll under the ankle and wrap an elastic band around the foot (over the ball of the foot)
- Press the foot down like you are stepping on the gas pedal in a car and point the toes away from the body
- Hold 1-2 seconds, repeat 10 times, 3-5 times per day

