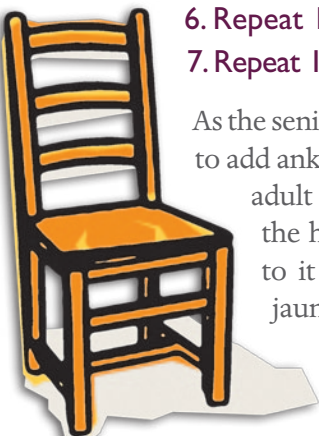


LEG STRENGTHENING

BODY

This activity helps strengthen thighs and may reduce symptoms of arthritis of the knee. Encourage a senior to:

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10 - 15 times.
6. Repeat 10 - 15 times with other leg.
7. Repeat 10 - 15 more times with each leg.



As the senior progresses, he or she may want to add ankle weights. Encourage your older adult to try walking from one end of the house to another or, if they're up to it and the weather is nice, take a jaunt around the block, through the mall or to the gym!

Source: National Institute on Aging