

# Leg Strengthening Exercise

Stand with your back against a wall, and position your feet approximately one foot away from the wall, and slightly apart. Relax your shoulders.

Slowly sink straight down to about a 45 degree angle and hold for approximately twenty seconds. Slowly slide back up the wall. Do as many sets or repetitions as recommended by your doctor.

This exercise is designed to strengthen your muscles which should be used when lifting: the hamstring, buttock, and quadriceps muscles. It will help you strengthen this muscle group, which should be used, instead of your lower back muscles, when you are lifting heavy objects.

SETS:

REPETITIONS/SET:

