

# Straight Leg Raises

A healthy recovery after joint replacement surgery starts with being active - before and after surgery. Do Straight Leg Raises to strengthen your joints.

Try a Straight Leg Raise now.

Step 1. Lie on your back on the bed or floor with one leg straight and the other bent at the knee.

Step 2. Squeeze the muscle in the front of your thigh, called your quad and lift your straight leg up a few inches. Remember to keep your knee straight.

Step 3. Hold for five seconds. Slowly lower your leg keeping it straight.

Let's try that again. Lie on your back with one leg straight and the other bent at the knee. Squeeze your quad muscle and lift your straight leg up a few inches. Hold for five seconds and slowly lower your leg. Repeat 10 times or one set on each leg. Do two sets a day.

To get the most out of this exercise, follow your physical therapist's instructions and do these exercises regularly.