

## Straight Leg Raise

**Starting position:** Sitting on the floor with your legs out straight, leaning back against the wall.

**Action:** Lift the left foot 10cm off the floor, keeping the knee locked straight. Hold 5 seconds then slowly lower. Repeat 20 times.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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