

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 35

Re: Leg Press

Date: March 20, 2000

Revised: October 19, 2008

Description:

The leg press is a non-electric weight bench that is used in either the sitting or squatting position to strengthen quads, hamstrings and all other leg muscles.

Precautions:

A second person is necessary to “spot” if weights are flexed too much and patient is unable to extend legs. Encourage normal breathing pattern. Perform while wearing shoes or sneakers.

Procedure:

Apply desired weights to lateral weight bar. Secure with weight clamp. Patient should sit on seat and flex knees with feet flat on platform. Patient should extend legs and then unlock assists. Flex and extend legs slowly the desired number of times. Re-lock assists. Patient should then stand up. Remove weights from lateral weight bar. Clean Leg Press as per Physical Therapy Cleaning Procedures.