Active Leg Range of Motion Exercises: Sitting

Do these exercises _____ times, _____ times a day.

Do only the exercises checked.

Sit up with your feet on the floor.

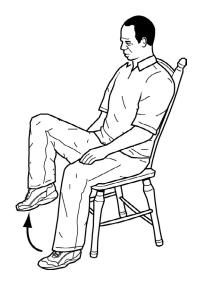
Leg Extensions

Straighten your knee. Hold for 5 to 10 seconds. Slowly lower your leg then repeat.



□ Marching

Keep your knee bent and lift your knee up. Slowly lower your leg then repeat.



□ Toe Raises

Leave your heel on the floor and move your toes slowly up and down.



Heel Raises

Leave your toes on the floor and slowly lift your heel up and down.



Foot Press

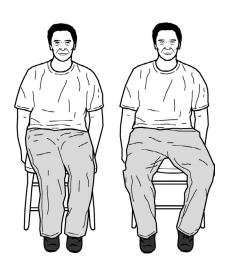
Push your feet straight down into the floor for 5 to 10 seconds as if you were going to stand up. Relax and repeat.



2

□ Knees Out

Sit with both knees bent. Push both legs out and slowly return your legs to the center.



□ Knees In

Sit with both knees bent. Place a pillow between your knees. Squeeze for 5 to 10 seconds.



© 2007 - April 18, 2017, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.