

Active Leg Range of Motion Exercises: Standing

Do all these exercises **slowly**. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

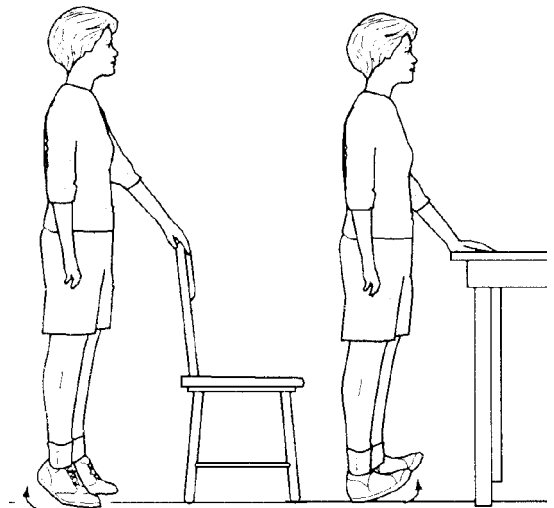
Do each exercise _____ times,
_____ times a day.

Toe / Heel Raises

Hold onto a stable object.

Rise up on your toes and hold for _____ seconds.

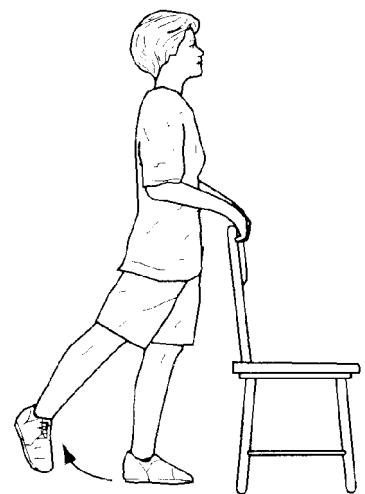
Rock back on your heels and hold for _____ seconds.



Hip Extensions

Hold onto a stable object, keeping your legs shoulder width apart and toes pointed forward.

Slowly extend one leg back, keeping your knee straight. **Do not** lean forward. Repeat using other leg.

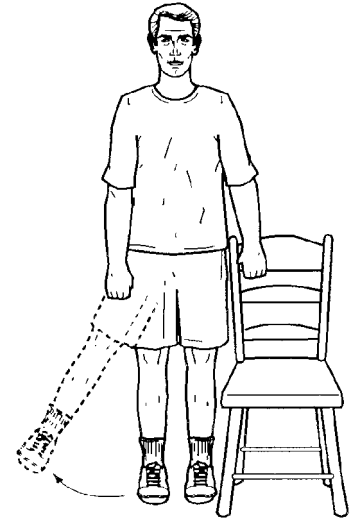


□ Hip Abduction

Hold onto a chair for balance.

Move your leg out to the side then return to the starting position.

Repeat with your other leg.

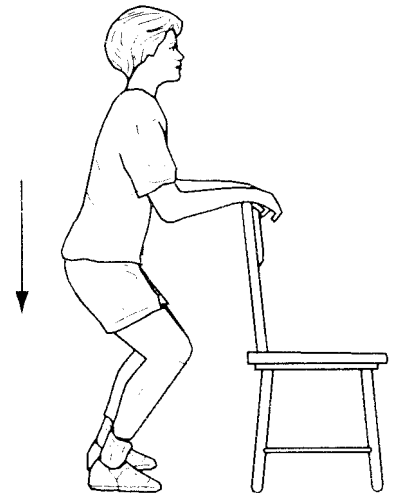


□ Mini-squats

Hold onto a stable object.

Slowly bend your knees.

Keep both feet on the floor.



□ Hip / Knee Flexion

Stand with your feet slightly apart.

Lift your right knee up to waist level.

Return your foot to the floor.

Repeat with your left leg.

