

Active Leg Range of Motion: Sitting

This exercise program has been designed for you by your physical therapist. Do only the exercises marked. Do them slowly and smoothly on a firm surface. Never hold your breath while doing your exercises, as it may cause your blood pressure to rise. If you feel any pain or discomfort, tell your therapist.

General Instructions

Do the following exercises ____ times each ____ times a day. Sit up with your feet flat on the floor.

Leg Extensions:

- Straighten each knee.
- Hold for ____ seconds.
- Slowly lower your leg.



Marching:

- Keep your knee bent and lift your leg up as high as possible.
- Slowly lower your leg.



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Toe Raises:

- Leave your heel on the floor and tap your toes up and down.



Heel Raises:

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



Abduction:

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



Adduction:

- Sit with both knees bent.
- Place a pillow between your knees.
- Squeeze for ____ seconds.
- Repeat ____ times.

