

Active Leg Range of Motion Exercises: Sitting

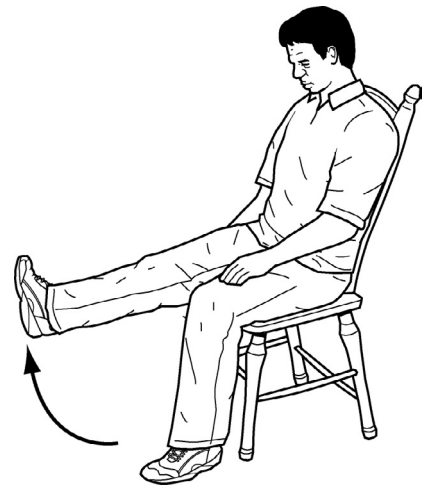
Do these exercises _____ times, _____ times a day.

Do only the exercises checked.

Sit up with your feet on the floor.

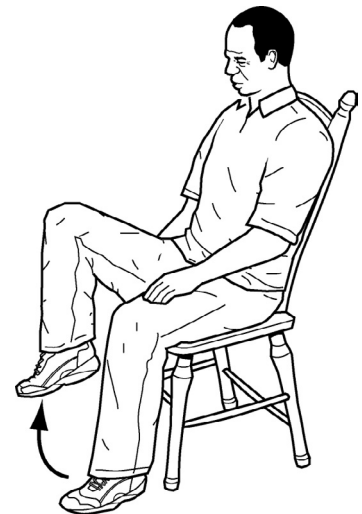
Leg Extensions

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.



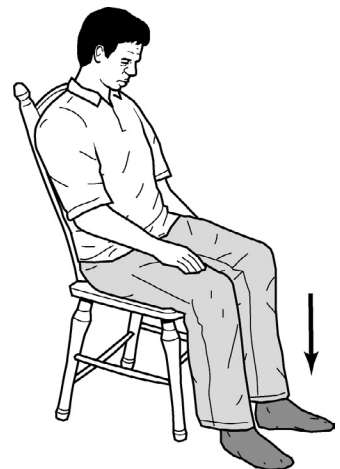
☐ Heel Raises

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



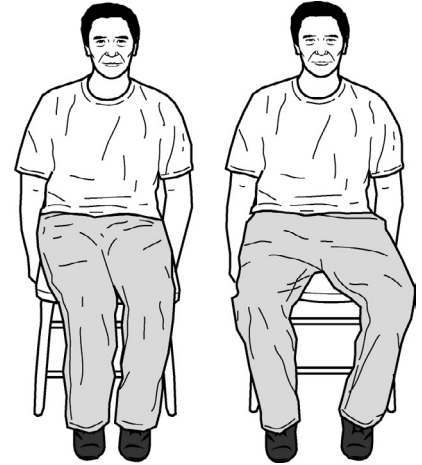
☐ Foot Press

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



☐ 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.

