

Active Leg Range of Motion Exercises: Sitting



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Do only the exercises checked. 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.

Do these exercises _____ times, _____ times a day. Sit up with your feet on the floor.

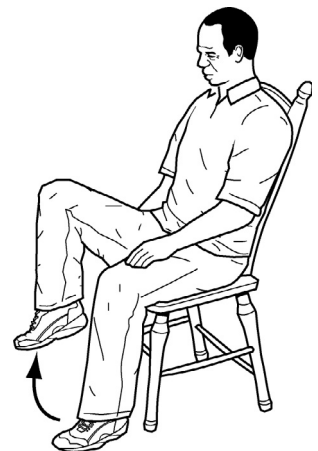
Leg Extensions

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.



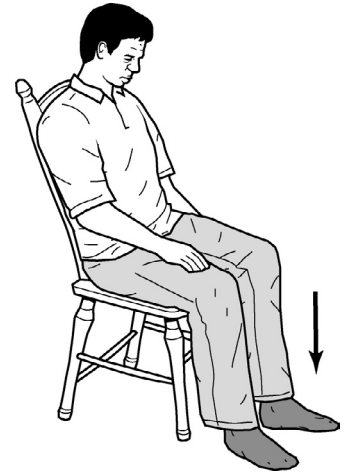
☐ Heel Raises

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



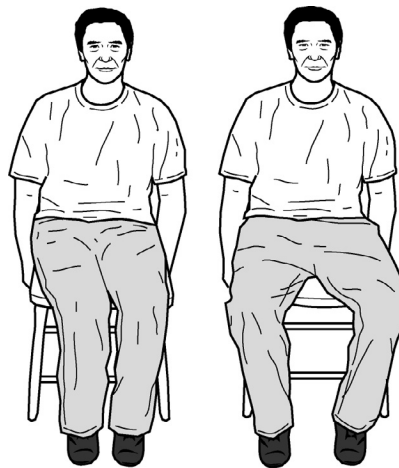
☐ Foot Press

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.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.