Active Leg Range of Motion Exercises: Sitting

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.
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.