Lying Theraband
Leg Exercises

These exercises are to help improve your strength and endurance.

- Do only the exercises checked by your therapist.
- Do exercises slowly and smoothly.
- Breathe in through your nose and out through your mouth. Never hold your breath.
- If you feel any pain or discomfort, tell your therapist.

Do these exercises ______ times each, ______ times a day.
Hold each position for ____ seconds.

Do exercises with your:  
- Right leg
- Left leg
- Both legs

Theraband resistance to use:  
- Yellow
- Red
- Green
- Blue
- Black
- Silver

You can adjust the tension by tying the band in a large or small loop and by holding it closer or farther away from where the band is attached. Your therapist will show you how to attach the band to get the most benefit.

Exercises

- **Knee Bend**
  
  - Lie on your stomach, after looping one end of the theraband around the end of the bed. Loop the other end around one ankle.
  
  - Bend that knee, moving your ankle toward your bottom.
  
  - Slowly return to the starting position.

- **Leg Kicks - Option 1**
  
  - Lying on your back, loop the theraband around one foot.
  
  - Bend this knee toward your chest. Hold the other end of the theraband in both hands.
  
  - Straighten your leg.
  
  - Slowly return to the starting position.
- **Leg Kicks - Option 2**
  - Lying on your stomach, loop the theraband around each ankle.
  - Keeping the knees straight, raise the leg toward the ceiling.
  - Slowly return to the starting position.

- **Side Leg Lifts - Option 1**
  - Lie on your back. Loop the theraband around both ankles.
  - Take turns pulling each leg away from the other or moving both legs away at the same time, as instructed by your therapist.

- **Side Leg Lifts - Option 2**
  - Lie on your side. Loop the theraband around both ankles.
  - Raise the top leg toward the ceiling.
  - Slowly return to the starting position.

- **Leg Raise**
  - Loop the theraband around each ankle.
  - Keeping the knees straight, raise one leg from your hip toward the ceiling.
  - Slowly return to the starting position.

- **Leg to Center**
  - Attach one end of the theraband to the rail of your bed. Loop the other around the ankle nearest the rail.
  - Slowly bring your leg toward the middle of your body and opposite leg.
  - Slowly return to the starting position.
 Toe Pull Up
- Loop one end of the theraband around the edge of the bed. Loop the other end around the top of your foot.
- Pull your toes up toward your head.
- Slowly return to the starting position.

 Toe Point
- Loop the theraband around the ball of one foot. Hold the other end in one or both hands.
- Slowly point your toes as if you were stepping on the gas in a car.
- Slowly return to the starting position.

 Foot Turn Out
- Sit with your legs straight out in front of you. Loop one end of the band around the ball of your foot you are to exercise.
- Take the band under the ball of your other foot and up along the leg, so you can hold the other end with one or both hands.
- Holding the band, turn your foot out, pulling against the band.
- Slowly bring the foot back in.

 Foot Turn In
- Sit with your legs straight out in front of you. Loop one end of the band around the ball of your foot you are to exercise.
- Cross your other leg over on top at the ankles.
- Take the band under the ball of the top foot and up along the leg, so you can hold the other end with one or both hands.
- Holding the band, turn your foot in, pulling against the band.
- Slowly bring the foot back out.