Seated Leg Theraband Exercises

These exercises are to help improve your strength and endurance.

- Do only the exercises checked by your therapist.
- Do exercises slowly. 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 Up**
  - Sit with both knees bent. Loop one end of the theraband over one knee. Step on the other end of the theraband with your opposite foot.
  - Raise the leg with the theraband over the knee straight up, keeping the knee bent.
  - Slowly return to the starting position.

- **Knees Out**
  - Sit with both knees bent. Wrap the theraband around both thighs.
  - Push both legs out and slowly return legs to the center.
Leg Pull
- Sit with both knees bent. Loop the theraband around a chair, bed rail or table leg next to you. Loop the other end around your leg on the same side.
- Slowly bring your leg in toward the opposite leg.
- Move your leg with the theraband toward or past the middle of your body.
- Slowly return to the starting position.

Leg Kick
- Sit with both knees bent. Loop the theraband around one of the chair legs. Loop the other end around the ankle on the same side.
- Kick the leg out until it is straight, so your big toe is pointing toward the ceiling.
- Slowly return to the starting position.

Leg Bend
- Loop the theraband around the leg of a chair, table or bed that is facing you. Loop the other end over your ankle.
- Slowly bend your knee until it is underneath you.
- Slowly return to the starting position.
 Toe Raise
  • Sit with both knees bent. Wrap the theraband around both feet.
  • Hold the theraband down with one foot and raise the toes of the opposite foot toward the ceiling or your nose.
  • Slowly return to the starting position.

 Toe Point
  • While sitting in a chair, wrap the theraband around the ball of one foot. Place only the heel of that foot on the ground. Hold the other end with one or both hands.
  • Point your toes toward the floor like stepping on the gas peddle in a car.
  • Slowly return to the starting position.