Leg Theraband Exercises:
Sitting and Standing

These exercises are to help improve your strength and endurance.
- 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.
- 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 only the exercises checked by your therapist.
Do these exercises ______ times, ______ 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

Exercises

❑ 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 exercising.
  - 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 exercising.
  - 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.

- **Leg Forward**
  - Support yourself with a chair to one side.
  - Loop one end of the theraband around the chair leg. Loop the other end around the ankle nearest to the chair.
  - Bring the leg forward in front of your body.
  - Slowly return to the starting position.
Leg Back

- Face the back of a chair and hold on with both hands. Loop one end of the theraband around a chair leg. Loop the other end around one ankle.
- Bring your leg backwards behind you and away from the chair.
- Slowly return to the starting position.

Leg Inside

- Support yourself with a chair to one side. Loop one end of the theraband around the chair leg. Loop the other end around the ankle closest to the chair.
- Bring your leg across your body, in front of your other leg, and away from the chair.
- Slowly return to the starting position.

Leg Outside

- Support yourself with a chair to one side. Loop one end of the theraband around the chair leg. Loop the other end around the ankle farthest away from the chair.
- Bring your leg away from your body and the chair.
- Slowly return to the starting position.