

Active Leg Range of Motion Exercises: Standing



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Do all these exercises slowly. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

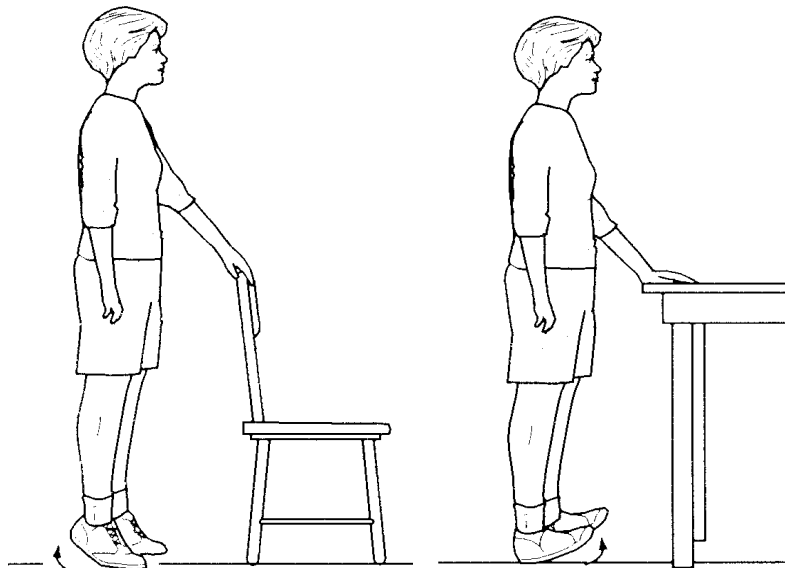
Do each exercise _____ times, _____ times a day.

Toe / Heel Raises

Hold onto a stable object.

Rise up on your toes and hold for _____ seconds.

Rock back on your heels and hold for _____ seconds.



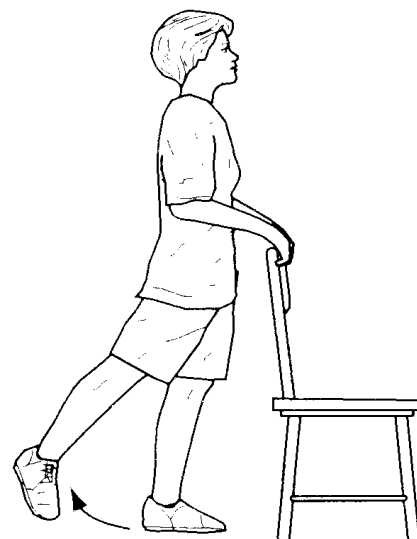
Hip Extensions

Hold onto a stable object, keeping your legs shoulder width apart and toes pointed forward.

Slowly extend one leg back, keeping your knee straight.

Do not lean forward.

Repeat using other leg.

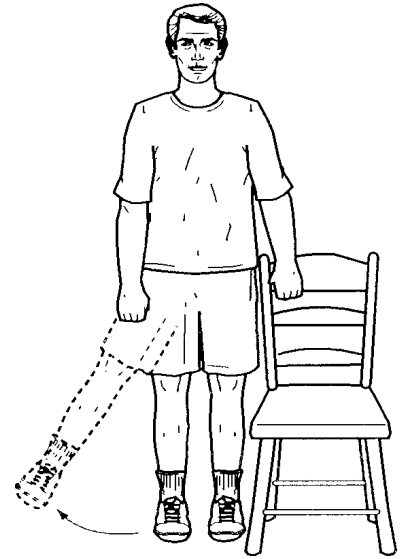


□ Hip Abduction

Hold onto a chair for balance.

Move your leg out to the side then return to the starting position.

Repeat with your other leg.

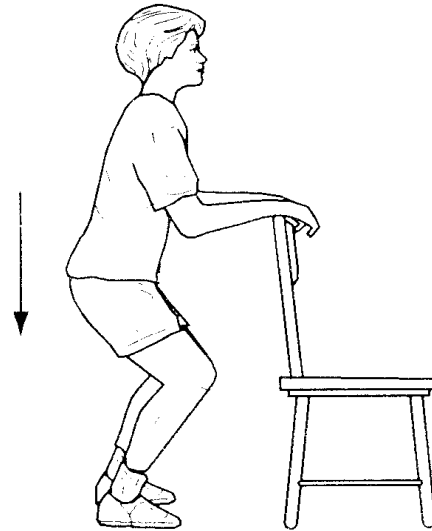


□ Mini-Squats

Hold onto a stable object.

Slowly bend your knees.

Keep both feet on the floor.



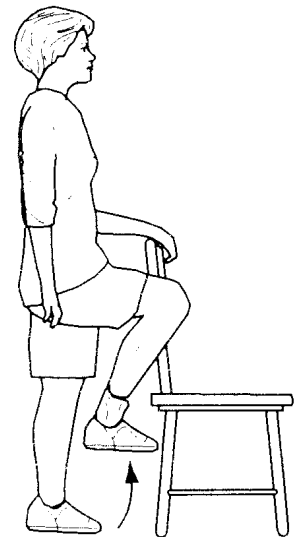
□ Hip / Knee Flexion

Stand with your feet slightly apart.

Lift your right knee up to waist level.

Return your foot to the floor.

Repeat with your left leg.



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**.