

# Active Leg Range of Motion Exercises: Lying

Do these exercises while lying on your back \_\_\_\_\_ times, \_\_\_\_\_ times a day.

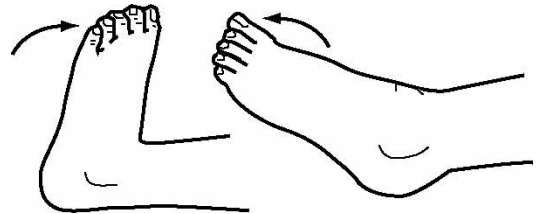
Do only the exercises checked.

Do the exercises with:

- Both legs
- Right leg
- Left leg

## Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

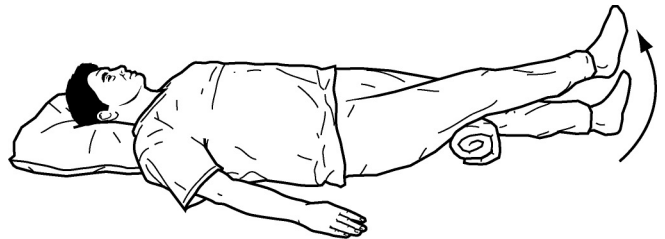


## Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh or upper leg muscles. Hold for 5 seconds and release.

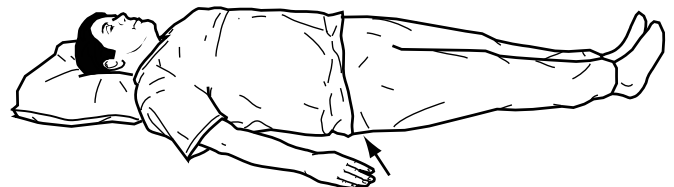
## Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold for 5 seconds and release.



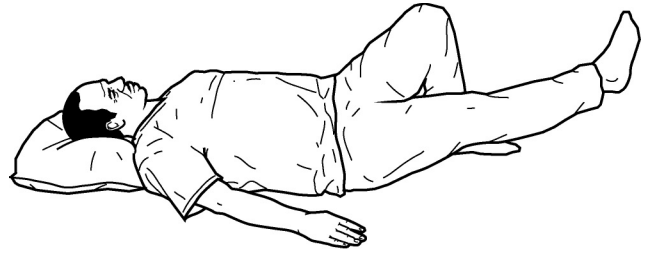
## Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.



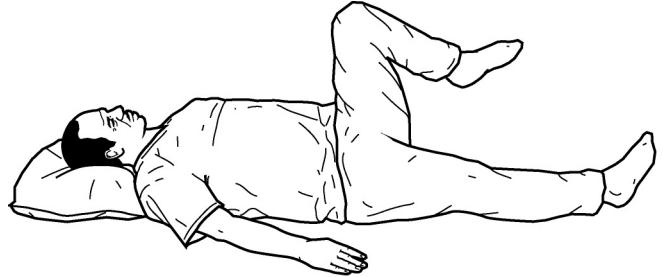
## ☐ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.



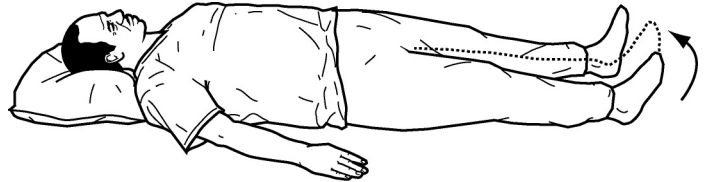
## ☐ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip.



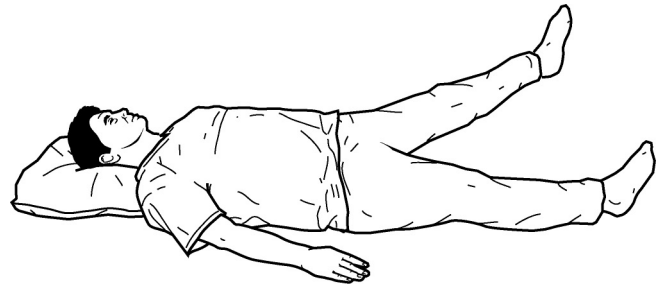
## ☐ Hip Rotation

Roll your leg in towards your other leg and then back out.



## ☐ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.



## ☐ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.

