Active Leg Range of Motion
Exercises: Sitting

Do these exercises _____ times, _____ times a day.
Do only the exercises checked.
Sit up with your feet on the floor.

- **Leg Extensions**
  Straighten your knee. Hold for 5 to 10 seconds. Slowly lower your leg then repeat.

- **Marching**
  Keep your knee bent and lift your knee up. Slowly lower your leg then repeat.
☐ **Toe Raises**

Leave your heel on the floor and move your toes slowly up and down.

☐ **Heel Raises**

Leave your toes on the floor and slowly lift your heel up and down.

☐ **Foot Press**

Push your feet straight down into the floor for 5 to 10 seconds as if you were going to stand up. Relax and repeat.
❑ Knees Out
   Sit with both knees bent. Push both legs out and slowly return your legs to the center.

❑ Knees In
   Sit with both knees bent. Place a pillow between your knees. Squeeze for 5 to 10 seconds.