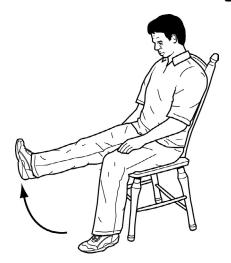
Активные упражнения для ног: положение сидя

Active Leg Range of Motion Exercises: Sitting

Do these exercises times, times a day.	Выполняйте эти упражнения раз, раз каждый день.
Do only the exercises checked.	Выполняйте только отмеченные
Sit up with your feet on the floor.	упражнения.
	Сядьте, полностью поставив ступню на пол.

□ Leg Extensions

Straighten your knee. Hold for 5 to 10 seconds. Slowly lower your leg then repeat.



□ Вытягивание ног

Выпрямите колено. Задержитесь на 5-10 секунд. Медленно опустите ногу, затем повторите упражнение.

■ Marching

Keep your knee bent and lift your knee up. Slowly lower your leg then repeat.



□ Маршировка

Согните ногу в колене и приподнимите его. Медленно опустите ногу, затем повторите упражнение.

□ Toe Raises

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



□ Поднятие пальцев ног

Поставьте пятку на пол и медленно подвигайте пальцами ноги вверх и вниз.

☐ Heel Raises

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



□ Поднятие пятки

Оставьте пальцы ноги на полу и медленно поднимайте и опускайте пятку.



Push your feet straight down into the floor for 5 to 10 seconds as if you were going to stand up. Relax and repeat.

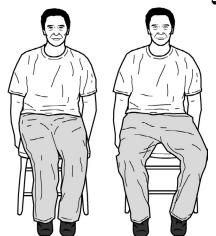


□ Надавливание на ступню

Надавите ступней на пол на 5-10 секунд, как будто Вы собираетесь встать. Расслабьтесь и повторите упражнение.

☐ Knees Out

Sit with both knees bent. Push both legs out and slowly return your legs to the center.



□ Разведение коленей

Сядьте, согнув колени. Разведите обе ноги, затем медленно сведите ноги к центру.

☐ Knees In

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



□ Сведение коленей

Сядьте, согнув колени. Поместите подушку между коленями. Сожмите ее на 5-10 секунд.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.

^{© 2007 -} April 18, 2017, Health Information Translations.