Active Leg Range of Motion

Do these exercises on your back _____ times, _____ times a day.

☐ 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 muscles and push your knee down to the bed. 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 ____ seconds.
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. You also can do this exercise sitting.

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.

- **تحريك الورك للخارج والداخل**
  حرك الساق للخارج نحو الجانب ثم أرجعها، مع مد الركبة بشكل مستقيم وتوجيه أصابع القدمين نحو السقف.

- **دفع الركبة**
  ضع منشفة ملفوفة أسفل الكاحل ثم ادفع الركبة لأسفل على السرير.