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.