

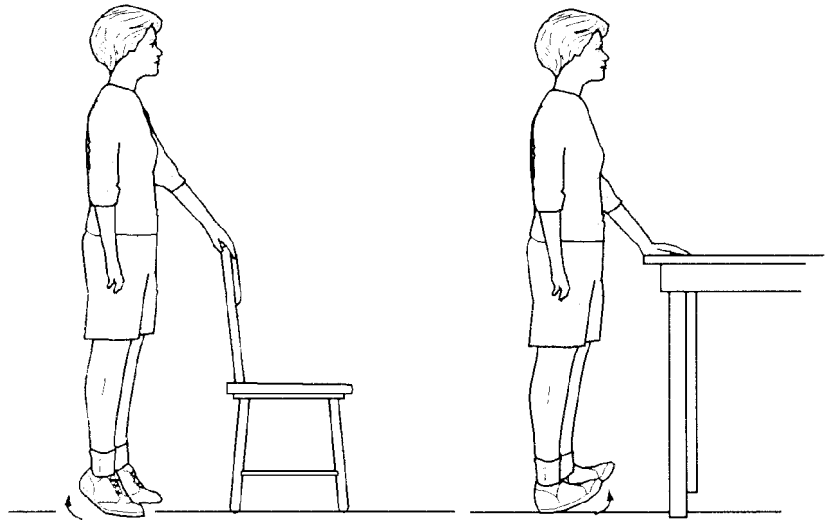
# Active Leg Range of Motion: Standing

Do all these exercises **slowly**. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

Do each exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.

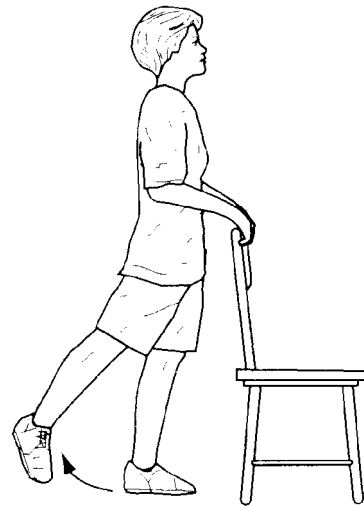
## ☐ Toe / Heel Raises

- Hold onto a stable object.
- Rise up on your toes and hold for \_\_\_\_ second.
- Rock back on your heels and hold for \_\_\_\_ seconds.



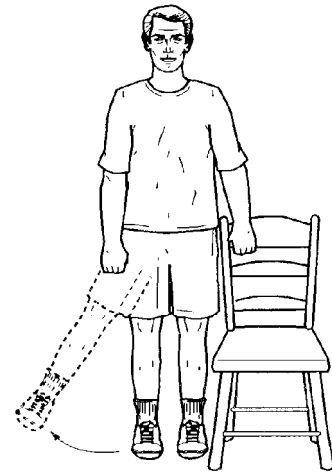
## ☐ Hip Extensions

- Hold onto a stable object, keeping your legs shoulder width apart and toes pointed forward.
- Slowly extend one leg back, keeping your knee straight.
- **Do not** lean forward.
- Repeat using other leg.



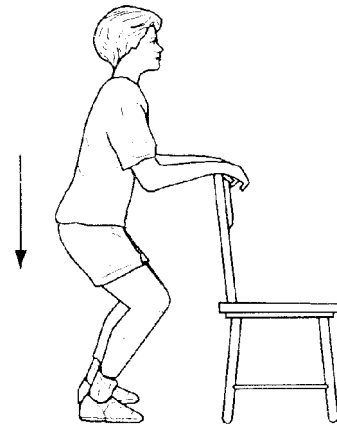
### □ Hip Abduction

- Hold onto a chair for balance.
- Move your leg out to the side then return to the starting position.
- Repeat with your other leg.



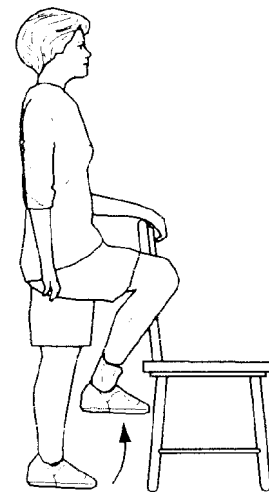
### □ Mini-squats

- Hold onto a stable object.
- Slowly bend your knees.
- Keep both feet on the floor.



### □ Hip / Knee Flexion

- Stand with your feet slightly apart.
- Lift your right knee up to waist level.
- Return your foot to the floor.
- Repeat with your left leg.



**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**