



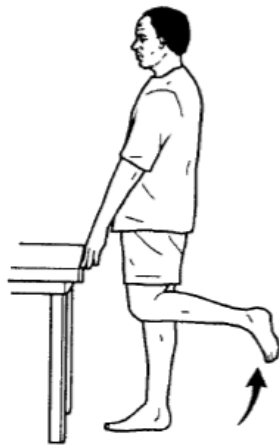
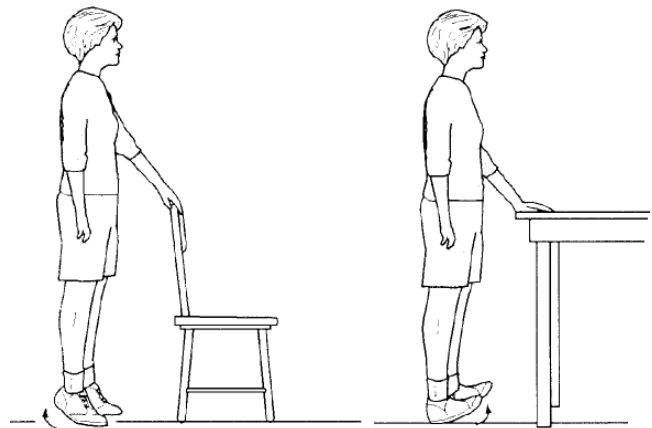
ACTIVE LEG RANGE OF MOTION: STANDING

Do each exercise _____ times, _____ times a day.

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.

HEEL / TOE RAISES

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



LEG CURL

- Stand behind a chair with your toes forward.
- Stand up straight and steady.
- Lift the foot by bending the knee back toward your buttocks and hold.
- Lower the foot by straightening the knee.
- Change to the other leg.

**If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

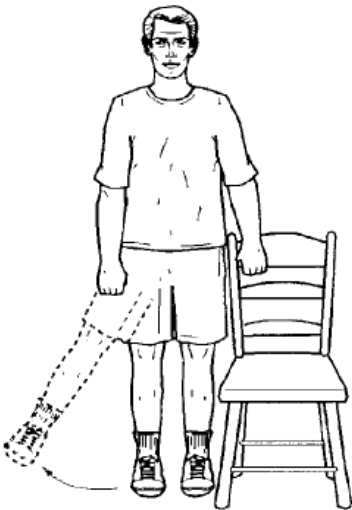
HIP EXTENSION

- 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.



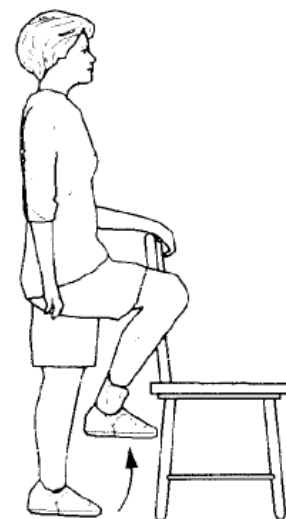
HIP ABDUCTION

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



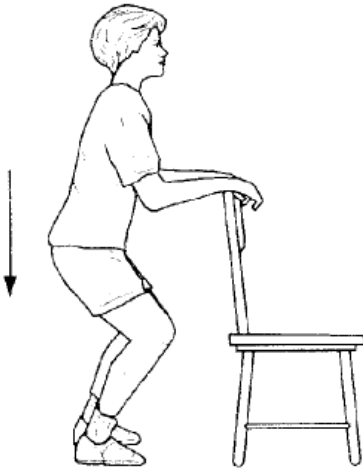
HIP / KNEE FLEXION

- 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.



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MINI-SQUATS



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

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