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.

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Do each exercise _____ times, _____ times a day.
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☐ **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.

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

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