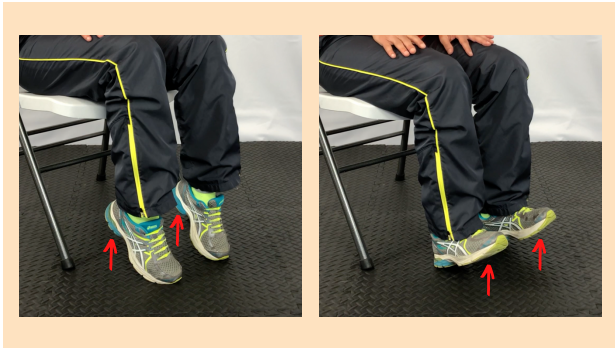


Leg Strengthening Exercises: Sitting

Heel & Toe Raises



Sit upright, feet flat on floor. HEEL RAISE: Raise heels off the floor as high as you can then lower back down. TOE RAISE: Raise front of feet up as high as you can keeping heels on the floor, then lower back down.

Repeat ____ times. Do ____ sessions a day.

Long Arc Quads



Sit upright, back in chair w/ thighs supported, feet flat on floor. Straighten leg at knee until fully extended or as tolerated. Do not lift thigh off chair. Hold 3-5 seconds then lower foot back down to floor.

Repeat ____ times. Do ____ sessions a day.

Hip Flexion (Marching)



Sit upright, back in chair, feet flat on floor. Firm stomach, keep back straight, no arching. Keep knee bent, lift one leg then lower back down. Alternate legs as if marching or perform one side at a time.

Repeat ____ times. Do ____ sessions a day.

Hip Abduction / Adduction



Sit upright, feet flat on floor. Move knees apart then together. Add pillow between knees to squeeze 3-5 seconds on inward movement.

Repeat ____ times. Do ____ sessions a day.