

Leg Exercises for Stroke Recovery with Pictures

January 23, 2017



If you're a visual learner, then you'll love these leg exercises for stroke recovery with pictures.

Each photo features our favorite therapist Liliana, DPT, from our [stroke therapy program, FlintFit](#).

We organized Liliana's leg exercises from easiest to hardest, with little modifications to make each exercise harder.

Let's start with the easiest:

Leg Exercise #1: Hip Flexion with Hold



Use your hands to lift your affected leg up into your chest, and hold there for a second before slowly letting your leg back down. Repeat on the other leg.

Try your best to keep a straight back and tight core.

Repeat both sides 10 times each.

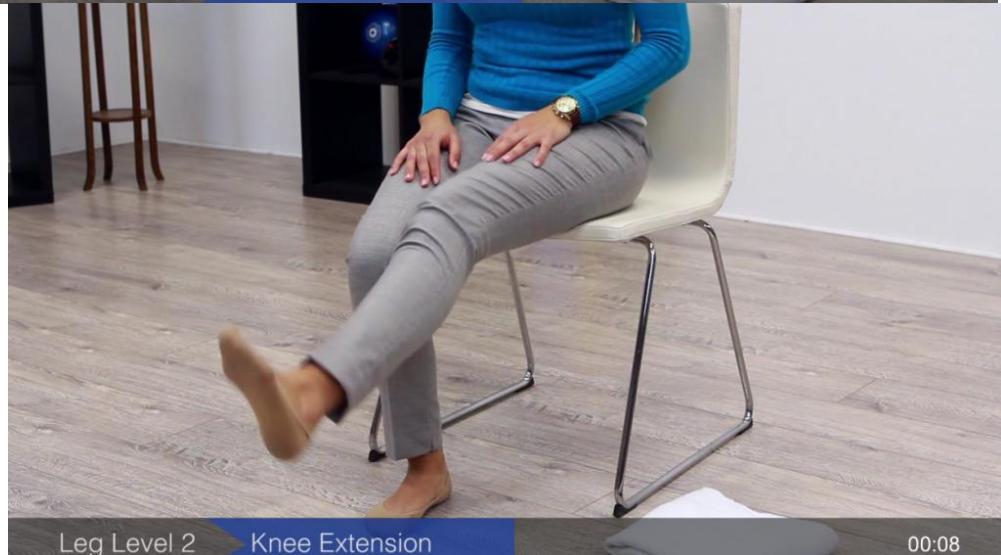
How to make it harder:

Don't use your hands.

Leg Exercise #2: Knee Extension



Leg Level 2 → Knee Extension 00:09



From a seated position, extend your left leg out in front of you parallel to the floor. Avoid locking your knee. Then, slowly bring your foot back down to the floor.

This will feel like a kicking motion.

Then repeat with your right leg, alternating back and forth between your right and left legs for a total of 20 repetitions (10 on each leg).

How to make it harder:

Pause for a second at the top of each extension.

Leg Exercise #3: Hip External/Internal Rotation

You may need an optional towel for this exercise.



For this exercise, you can place a towel underneath your affected foot to help make it easier.

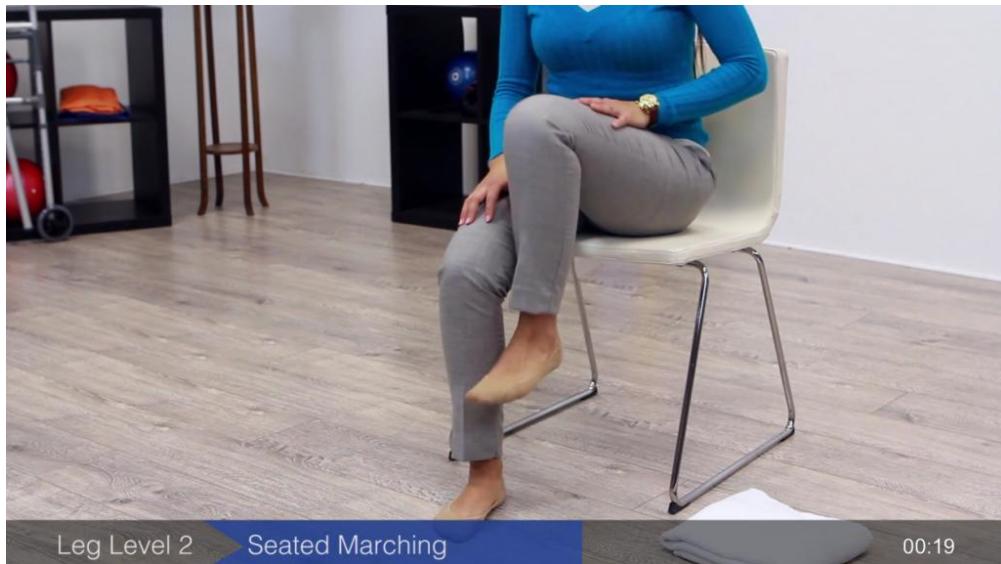
From a seated position, use your hands to assist your affected leg and slide your foot towards your midline. Then, push your leg outwards, using your hands for assistance if necessary.

Repeat 10 times.

How to make it harder:

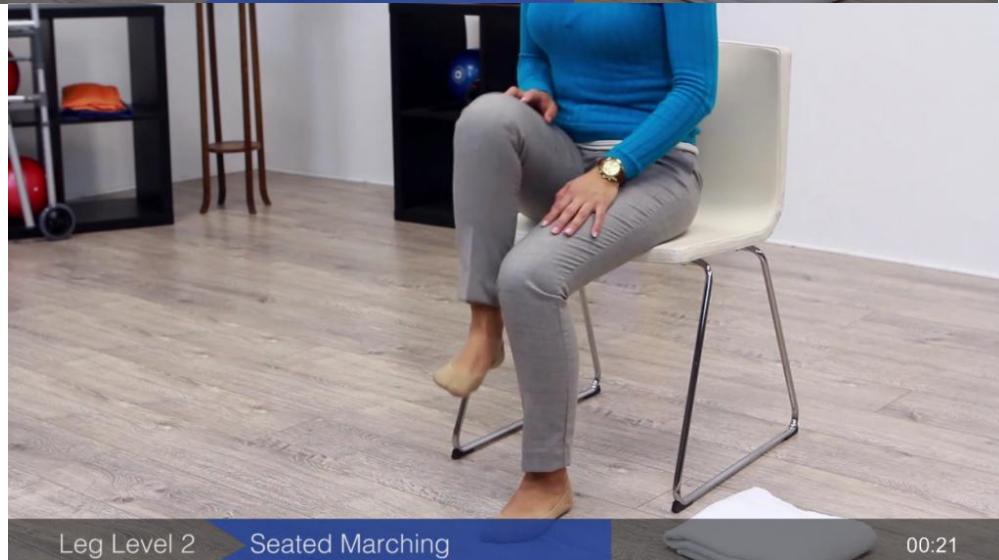
Ditch the towel and don't use your hands.

Leg Exercise #4: Seated Marching



Leg Level 2 ➔ Seated Marching

00:19



Leg Level 2 ➔ Seated Marching

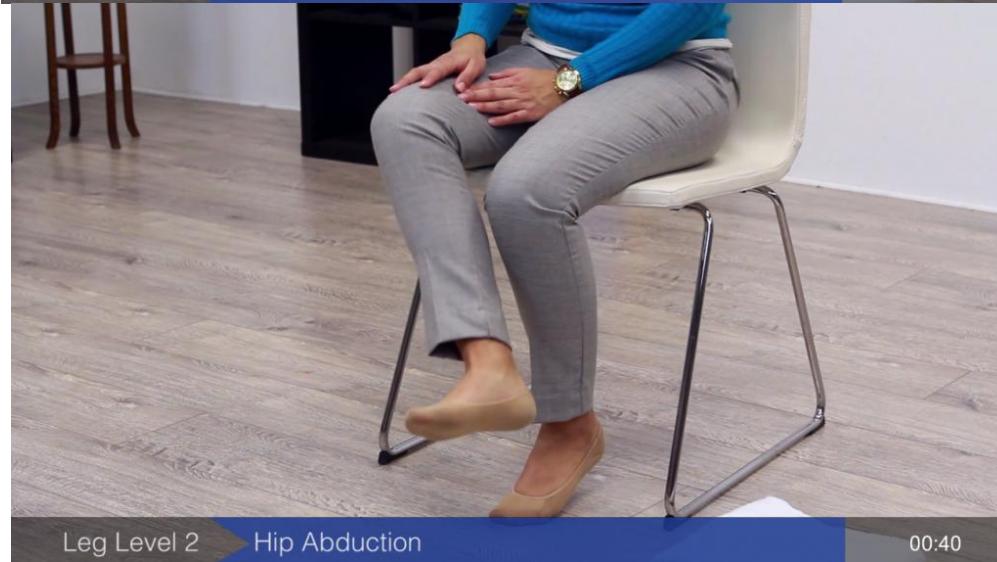
00:21

From a seated position, lift your affected leg up into your chest, and then place it back down onto the floor. Keep your back straight and maintain a controlled movement. Then repeat on the other leg, alternating back and forth for a total of 10 repetitions.

How to make it harder:

Pause at the top for a second or two. And, if you have the control to do this *safely*, slightly push down on your quads to add a bit of resistance.

Leg Exercise #5: Hip Adductions



For this exercise, sit in a chair and lift your affected leg slightly off the floor. Your leg should remain bent at 90 degrees, but your foot should hover over the floor.

Then, kick your leg outward like you're kicking a ball to the side. Then, kick your leg inward toward your midline. Repeat 10 times.

How to make it harder:

Pause after each kick.