

# Leg Exercises

Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the “work” part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

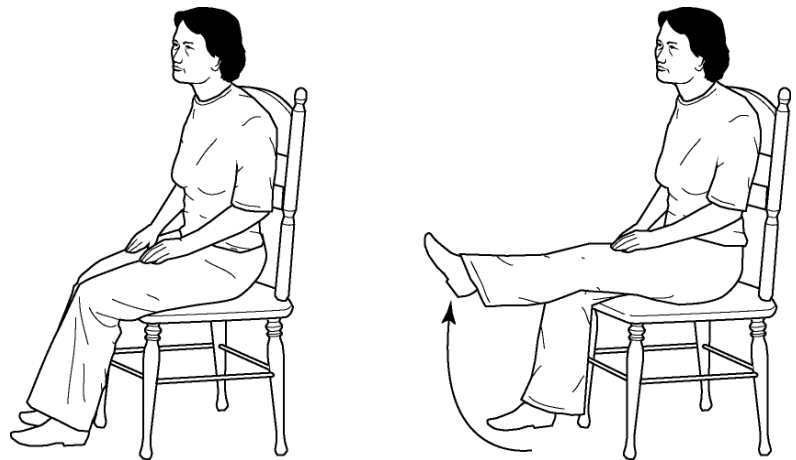
You will need a firm chair for some of these exercises.

Do each exercise \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times each week.

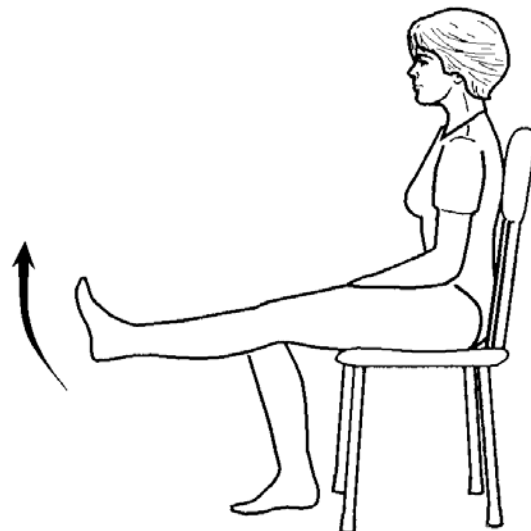
## Leg lift and extend

1. Sit in a chair with your head up and your back straight. Feet should be on the floor.
2. Pull one knee up and then straighten leg out.
3. Hold and then bend knee back and lower foot to floor.
4. Repeat with the other leg.



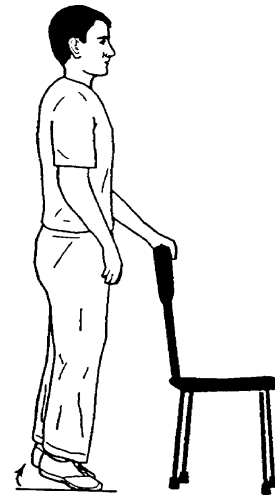
## Straight leg lift

1. Sit in chair with your head up and your back straight. Press your back into the chair. Feet should be flat on the floor.
2. Straighten one leg out, pointing your toes.
3. Try to lift your thigh off the chair, and hold.
4. Slowly lower your leg to bring your foot back down to the floor.
5. Repeat the exercise with your other leg.



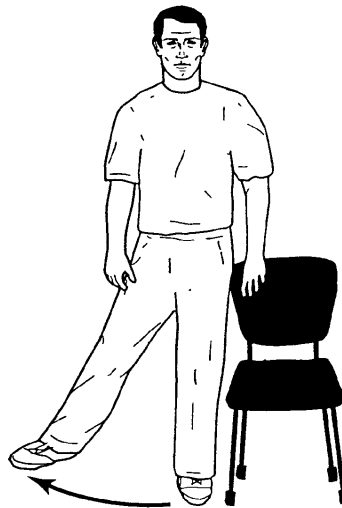
### Toe raises

1. Stand behind a chair that you can use for support.
2. With feet slightly apart, slowly rise up on your toes.
3. Hold and then slowly lower your heels to the floor.



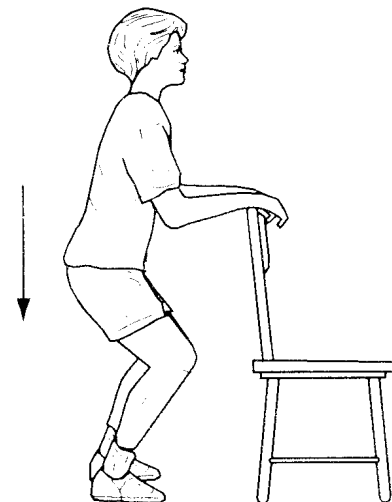
### Hip abduction

1. Stand to the side or behind a chair and hold onto it for support.
2. Stand up straight with your feet together.
3. Move your leg out to the side and hold.
4. Slowly return your leg to the starting position.
5. Repeat with your other leg.



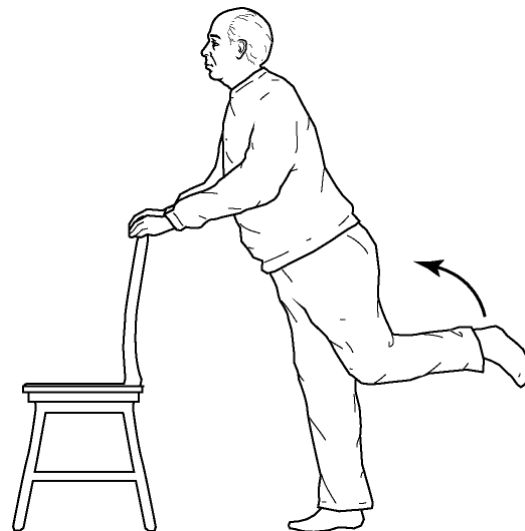
### Mini squats

1. Stand behind a chair and rest your arms on the chair for support.
2. Move feet about shoulder width apart.
3. Slowly bend your knees and hold.
4. Slowly straighten back up, keeping both feet on the floor.



## Hamstring curl

1. Stand behind a chair with your toes forward. Hold onto the back of the chair for support. Stand up straight and steady.
2. Stand with your weight on one foot and have the other leg back slightly, toes on the ground.
3. Lift the foot by bending the knee back toward your buttocks and hold.
4. Lower the foot by straightening the knee.
5. Change to the other leg.



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