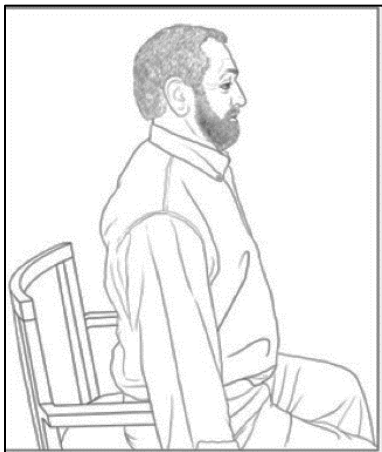


# Lower Extremity Exercise Program

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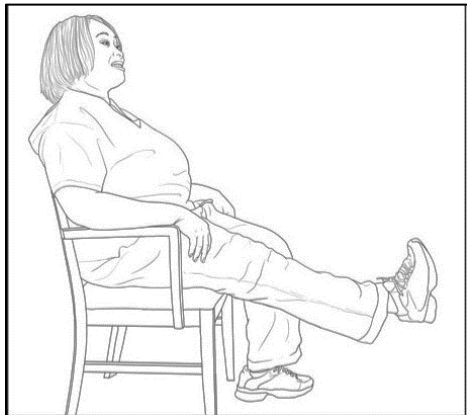
Complete the exercises in a sitting or standing position with upright posture. These exercises are not intended to be a difficult workout for your heart.

**Perform the exercises at least twice a day. Repeat each exercise 5-10 times or as tolerated.** If any movement is painful, make the movement smaller or do not continue that particular exercise. These exercises will speed your recovery and prevent general deconditioning (weakening) while you are in the hospital. It is important you begin these exercises when you arrive in the hospital and do them daily.



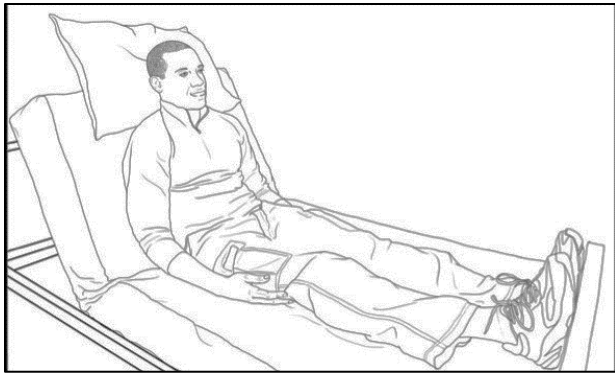
## Upright posture

Look straight ahead with your chin tucked and shoulders pulled back. Use this posture with all exercises below.



## Ankle Pumps

Move your ankle up and down (like pressing and releasing a gas pedal). You perform this exercise sitting or lying down.



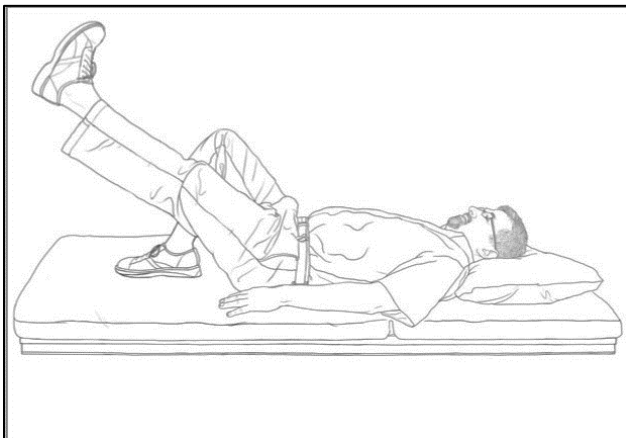
### **Quadracep/Glute sets**

- Lying in bed, squeeze your buttocks and the top of your thighs, as though you are pushing your knees down into the bed.
- Hold for 5 seconds, relax and then repeat.



### **Heel Slides**

- Lying on your back, slide your heel towards your bottom by bending your knee. Keep your knee pointing towards the ceiling throughout.
- Straighten your leg back out and repeat.



### **Straight Leg Raise**

- Lying on your back, bend one leg and straighten the other.
- Tighten the top of the thigh of the straight leg and lift the leg slowly towards the ceiling.
- Slowly lower the leg and repeat on the other side.
- Do not lift your leg higher than the bent knee.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by University of Michigan Health and for which University of Michigan Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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