

Lateral Leg Raise



1. Lie flat on your back, with both your legs fully extended.
2. Raise your non-surgical leg (the leg that you did not have surgery on) off the ground.
3. Moving your non-surgical leg **horizontally with the ground**, cross your leg over your other leg to the other side of your body.
4. Then move your leg back to the side of your body you started on, and extend your non-surgical leg out to that side.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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