

# Single Leg Press



1. Lie flat on your back, with your surgical leg (the leg you had surgery on) fully extended.
2. Raise your non-surgical leg (the leg you did not have surgery on) off the ground and bend your knee.
3. With your **toes pointed up**, straighten your non-surgical leg.
  - You can think of this motion as if you are pushing a box away from you.
4. **Slowly** bring your non-surgical leg back into a bent position toward your chest.

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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