

# Lower Extremity Exercise Program

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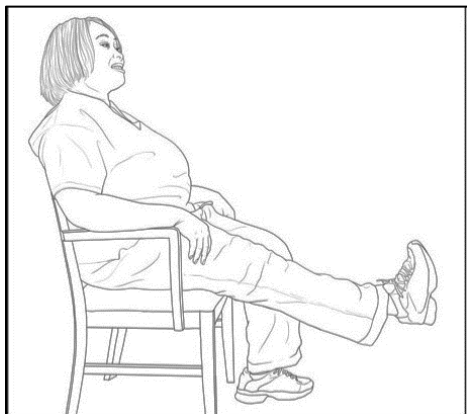
Complete the exercises in a sitting or standing position with upright posture. These exercises are not intended to be a difficult workout for your heart.

**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.



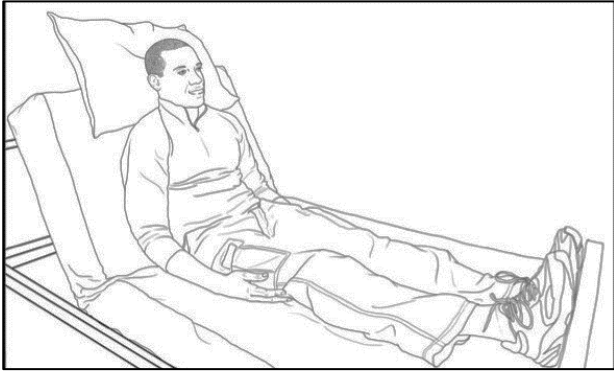
## **Upright posture**

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.



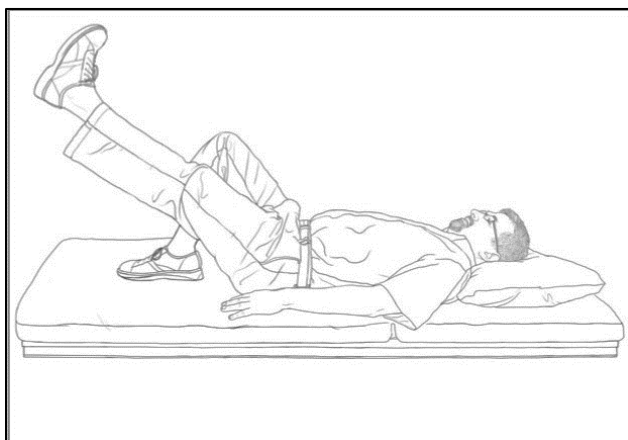
### **Quadracep/Glute sets**

- 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.



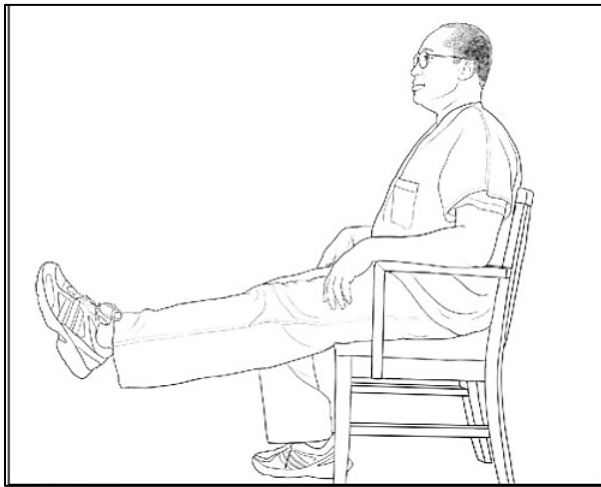
### **Straight Leg Raise**

- 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.



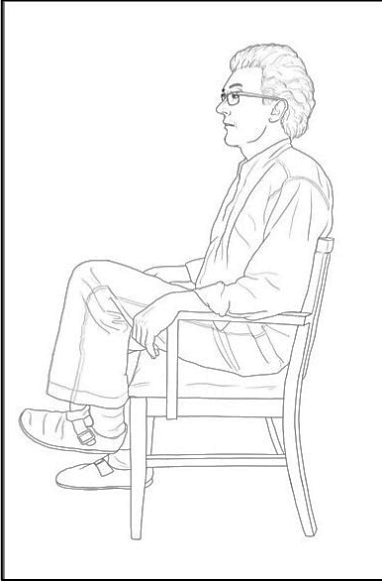
### **Bridging**

- Lay on your back with your knees bent.
- Tighten your buttocks **and** abdominal muscles, then lift your hips off the bed with your pelvis pointing towards the ceiling.
- Hold for 3 seconds and **slowly** lower back down.



### **Leg kicks**

Sitting with upright posture in a chair or in the bed, kick your leg out straight and **slowly**. Hold for 3 seconds, then repeat with the other leg.



### **Seated Marching**

Sitting with upright posture in a chair or in the bed, lift your knee up towards the ceiling without leaning backwards. Repeat with other leg.



### **Knee Bends**

Stand at a counter or holding onto a chair for support. Bend your knee and bring heel towards your bottom. Slowly lower and then repeat with the other leg.



### **Hip Abduction**

Stand tall, holding onto a counter or sink for support. Keeping your knee straight, kick your leg out to the side.



### **Hip Extension**

Bring your leg out behind you, emphasizing your thigh going behind you, squeezing your buttocks. Repeat with your other leg.



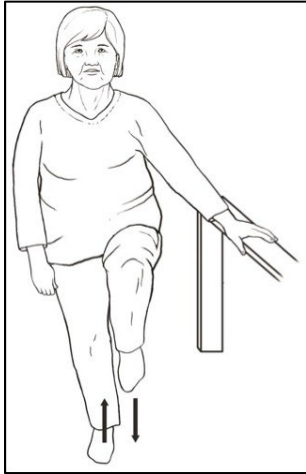
### **Mini Squats**

- Stand at a counter and hold for support.
- Squat to about 45 degrees of knee bend.
- Keep your back flat and look up. Make sure your knees are not bending over your toes.



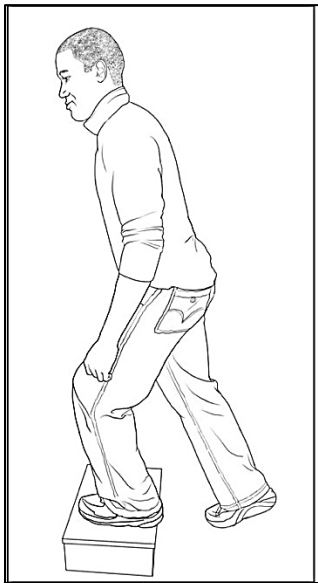
### **Heel Raises**

- Stand at a counter and hold for support only. No leaning.
- Raise your heels off the floor so you are standing on your toes, then slowly lower back to the ground.



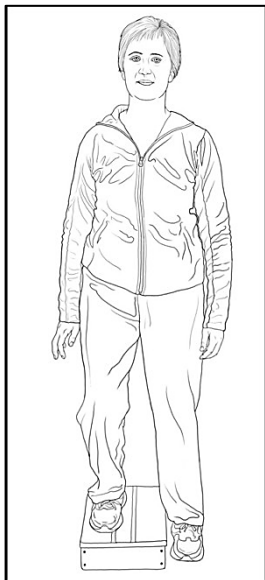
### **Marching**

Stand at a counter and hold for support. Raise your knee no higher than your waist. Alternate legs as if in a marching band.



### **Forward Step Ups**

- Step up with the right foot, followed by the left foot
- Step down with the left foot, followed by the right foot
- Repeat starting with the opposite foot.



### **Lateral Step Ups**

- Standing sideways, step up with your right foot, followed by your left foot. Make sure you leave enough room for your left foot on the step.
- Step down leading with your left foot, followed by your right foot. Repeat with the opposite side.

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