



ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

ACTIVE LEG RANGE OF MOTION: SITTING

This exercise program has been designed for you by your physical therapist. Do only the exercises marked. Do them slowly and smoothly on a firm surface. Never hold your breath while doing your exercises, as it may cause your blood pressure to rise. If you feel any pain or discomfort, tell your therapist.

Do each exercise _____ times, _____ times a day.
Sit up with your feet flat on the floor.

LEG EXTENSIONS

- Straighten each knee as far as possible
- Hold for _____ seconds.
- Slowly lower your leg.



MARCHING

- Keep your knee bent and lift your leg up as high as possible.
- Slowly lower your leg



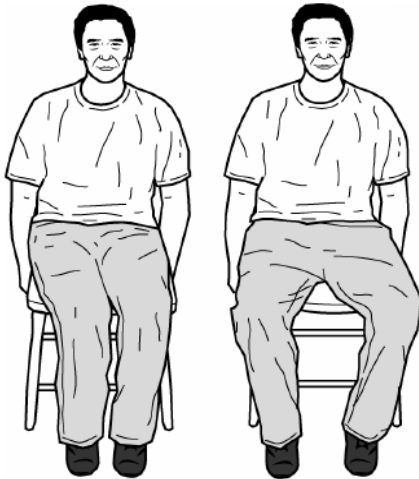
TOE RAISES

- Leave your heel on the floor and tap your toes up and down.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.

HEEL RAISES

- Leave your toes on the floor and lift your heel up and down.



HIP ABDUCTION

- Sit with both knees bent.
- Push both legs out and slowly and then return your legs to the center.



HIP ADDUCTION

- Sit with both knees bent.
- Place a pillow between your knees.
- Squeeze for _____ seconds.