

# Leg Theraband Exercises: Sitting & Standing



It is best to do any exercise slowly and with smooth motions. Be sure to breathe in through your nose and out through your mouth while exercising. You should never hold your breath while exercising because it may cause your blood pressure to rise.

Do these exercises \_\_\_\_\_ times each day with your:

- Right leg
- Left leg
- Both legs

Repeat each exercise \_\_\_\_\_ times.

- For all of the exercises that use therabands, exercise tubing can be used instead.
- Your therapist will show you how to attach the band to get the most benefit during exercise.
- Adjust the tension by tying the band in a large or small loop.
- Hold it closer or farther away from where the band is attached to change the tension.

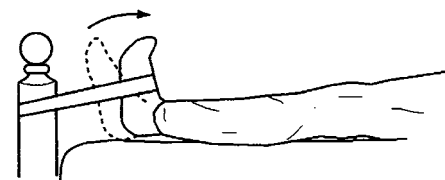
- Loop an end of the band over the bed post or a sturdy table leg.

Sit with your legs out straight in front of you.

Loop the other end around the top of your foot.

Pull your toes up toward your head, feeling the band pull against your foot.

Slowly ease the foot back.



- Sit with your legs out straight in front of you.

Loop one end of the band around the ball of your foot you are to exercise.

Take the band under the ball of your other foot and up along the leg so you can hold the other end with one or both hands.

Holding the band, turn your foot out, pulling against the band.

Slowly bring the foot back in.



- ❑ Sit with your legs out straight in front of you.

Loop one end of the band around the ball of your foot you are to exercise.

Cross your other leg over top at the ankles.

Take the band under the ball of the top foot and up along the leg so you can hold the other end with one or both hands.

Holding the band, turn your foot in, pulling against the band.

Slowly bring the foot back out.



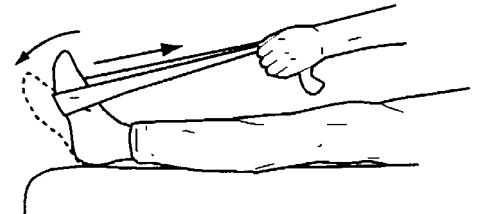
- ❑ Sit with your legs out straight in front of you.

Loop one end of the band around the ball of your foot you are to exercise.

Hold the other end of the band in one or both hands.

Slowly point your toes and press your foot down, like you are stepping on the gas pedal in a car.

Slowly return to the starting position.



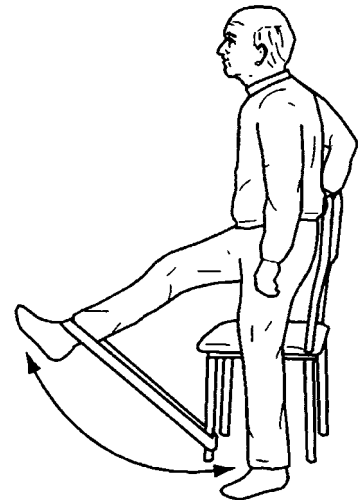
- ❑ Support yourself with a chair to one side.

Loop one end of the theraband around the chair leg.

Loop the other end around the ankle nearest to the chair.

Bring the leg forward in front of your body.

Slowly return to the starting position.



- ❑ Face the back of a chair and hold on with both hands.

Loop one end of the theraband around a chair leg.

Loop the other end around one ankle.

Bring your leg backwards behind you and away from the chair.

Slowly return to the starting position.

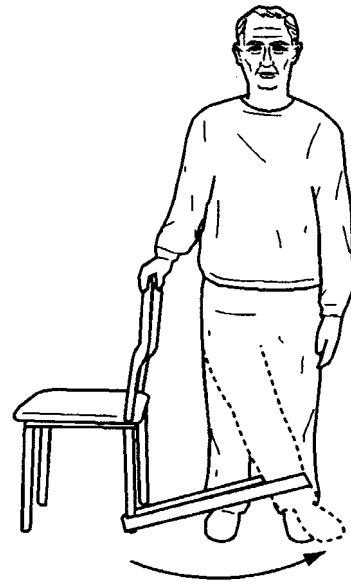


- ❑ Support yourself with a chair to one side.

Loop one end of the theraband around the chair leg.

Loop the other end around the ankle closest to the chair.

Bring your leg across your body, in front of your other leg, and away from the chair. Slowly return to the starting position.



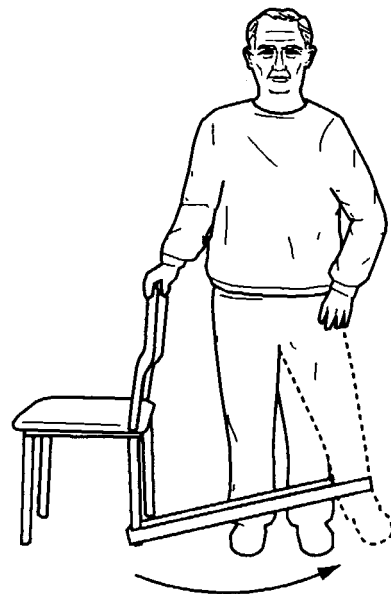
- ❑ Support yourself with a chair to one side.

Loop one end of the theraband around the chair leg.

Loop the other end around the ankle farthest away from the chair.

Bring your leg away from your body and the chair.

Slowly return to the starting position.



**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**