


Lying Theraband Leg Exercises

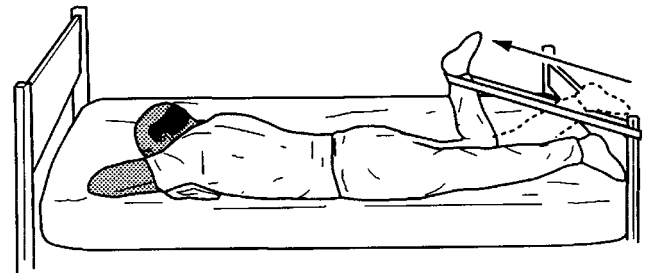
- These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.
- Do only those exercises checked by your therapist. Assume the position as shown in the picture. Adjust the tension by tying the band in a large or small loop. Hold it closer or farther away from where the band is attached to change the tension.
- Do exercises slowly. Never hold your breath while exercising, as it may cause your blood pressure to rise. Always breathe in through your nose and out through your mouth. If you feel any pain or discomfort, tell your therapist.

Repeat each exercise ____ times ____ times a day.

 Do exercises with the: ☐ Right leg ☐ Left leg ☐ Both legs

 Theraband Resistance: ☐ yellow ☐ red ☐ green
☐ blue ☐ black ☐ silver

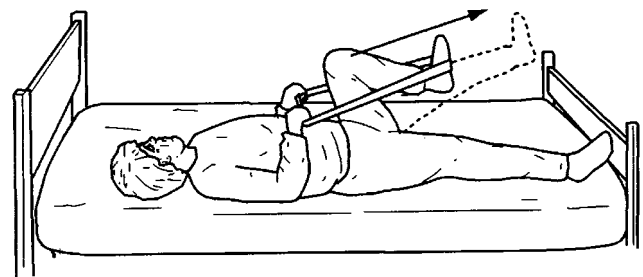
- ☐ Lie on your stomach, after looping one end of the theraband around the end of the bed. Loop the other end around one ankle. Bend that knee, moving your ankle toward your bottom. Slowly return to the starting position.



☐ Leg Kicks:

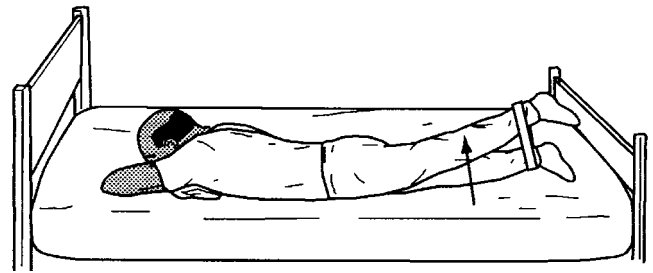
► Option 1 (on your back):

Lying on your back, loop the theraband around one foot. Bend this knee towards your chest. Hold the other end of the theraband in both hands. Straighten your leg. Slowly return to the starting position.



► *Option 2 (on your stomach):*

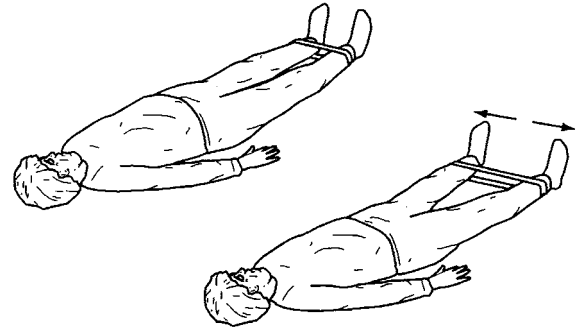
Lying on your stomach, loop the theraband around each ankle. Keeping the knees straight, raise the leg toward the ceiling. Slowly return to the starting position.



❑ **Side Leg Lifts:**

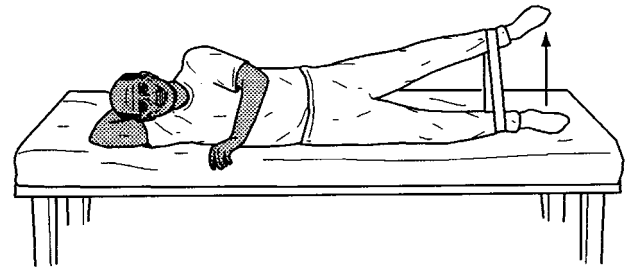
► *Option 1 (on your back)*

Loop the theraband around both ankles. Take turns pulling each leg away from the other or simultaneously moving both legs away, as instructed by your therapist. Slowly return to the starting position.

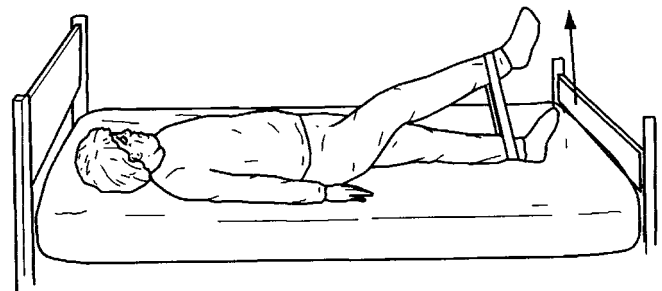


► *Option 2 (on your side)*

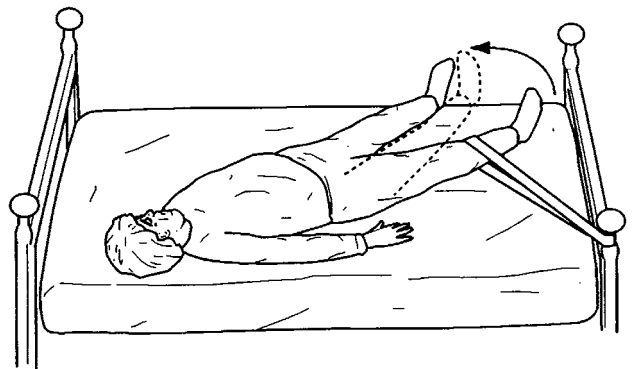
Lying on your side, loop the theraband around both ankles. Raise the top leg toward the ceiling. Slowly return to the starting position.



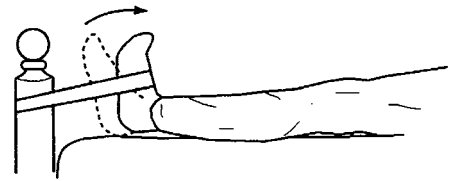
- ❑ Loop the theraband around each ankle. Keeping the knees straight, raise one leg from your hip toward the ceiling. Slowly return to the starting position.



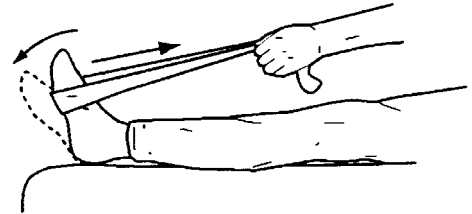
- ❑ Attach one end of the theraband to the rail of your bed. Loop the other around the ankle nearest the rail. Slowly bring your leg toward the middle of your body and the opposite leg. Slowly return to the starting position.



- ☐ Loop one end of the theraband around the edge of the bed. Loop the other end around the top of your foot. Pull your toes up toward your head. Slowly return to the starting position.



- ☐ Loop the theraband around the ball of one foot. Hold the other end in one or both hands. Slowly point your toes as if you were stepping on the gas in a car. Slowly return to the starting position.



- ☐ 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.



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.