

Seated Leg Theraband Exercises



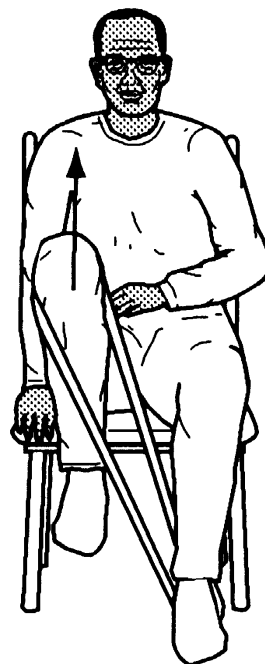
- These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.
- Do only those exercises checked by your therapist. Assume the position as shown in the picture. Adjust the tension by tying 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.

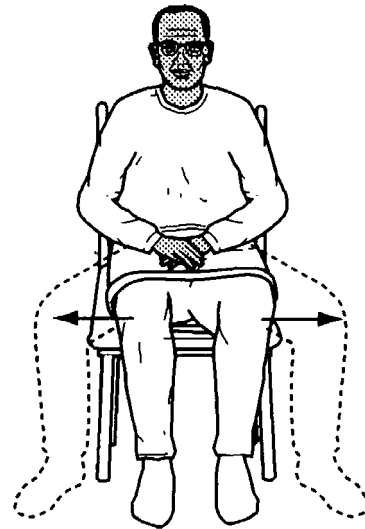
Do exercises with the: Right leg Left leg Both legs

Theraband Resistance: yellow red green
 blue black silver

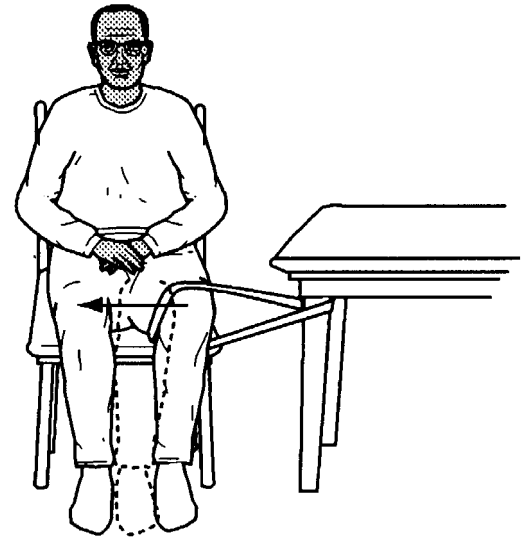
- Sit with both knees bent. Loop one end of the theraband over one knee. Step on the other end of the theraband with your opposite foot. Raise the leg with the theraband over the knee straight up, keeping the knee bent. Slowly return to the starting position.



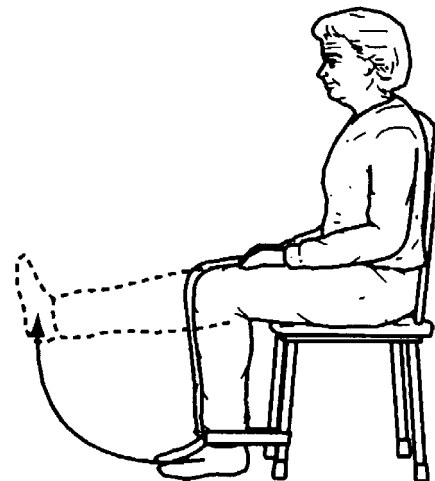
- ❑ Sit with both knees bent. Wrap the theraband around both thighs. Push both legs out and slowly return legs to the center.



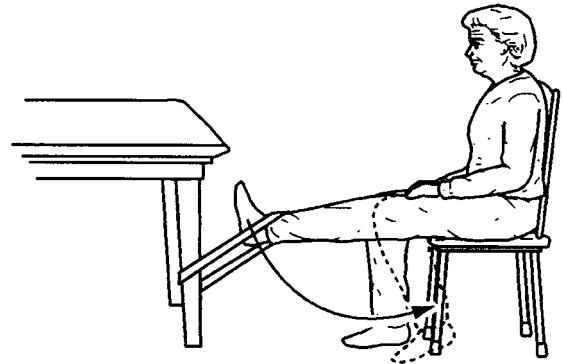
- ❑ Sit with both knees bent. Loop the theraband around a chair, bed rail, or table leg next to you. Loop the other end around your leg on the same side. Slowly bring your leg in towards the opposite leg. Move your leg with the theraband toward or past the middle of your body. Slowly return to the starting position.



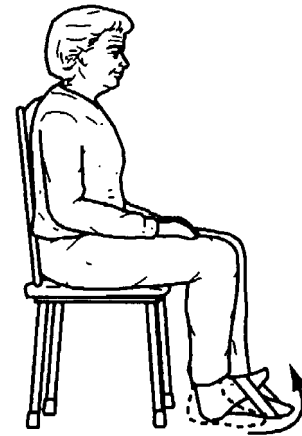
- ❑ Sit with both knees bent. Loop the theraband around one of the chair legs. Loop the other end around the ankle on the same side. Kick the leg out until it is straight so that the big toe is pointing towards the ceiling. Slowly return to the starting position.



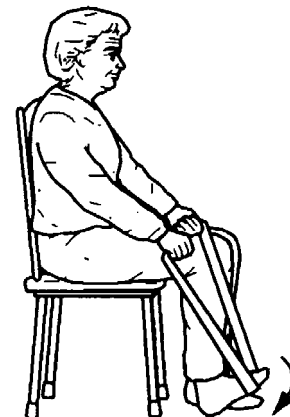
- ❑ Loop the theraband around the leg of a chair, table or bed that is facing you. Loop the other end over your ankle. Slowly bend your knee until it is underneath you. Slowly return to the starting position.



- ❑ Sit with both knees bent. Wrap the theraband around both feet. Hold the theraband down with one foot and raise the toes of the opposite foot toward the ceiling or your nose. Slowly return to the starting position.



- ❑ While sitting in a chair, wrap the theraband around the ball of one foot. Place only the heel of that foot on the ground. Hold the other end with one or both hands. Point your toes toward the floor like stepping on the gas peddle in a car. 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.