

Standing Leg Theraband Exercises

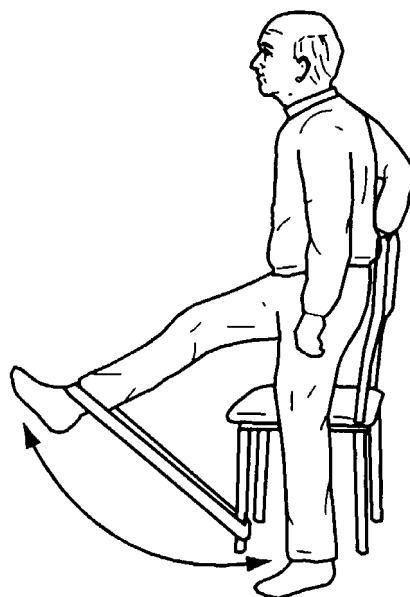


- These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.
- Do only those exercises checked by your therapist. Assume the position as shown in the picture. Adjust the tension by tying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

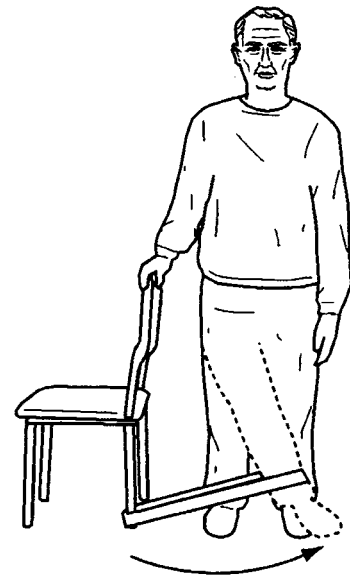
- Support yourself with a chair to one side. Loop one end of the theraband around the chair leg. Loop the other end around the ankle nearest to the chair. Bring the leg forward in front of your body. Slowly return to the starting position.



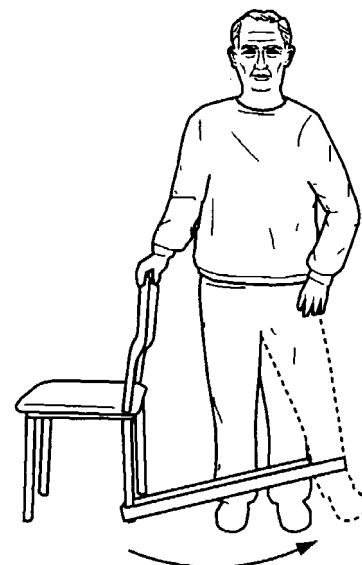
- Face the back of a chair and hold on with both hands. Loop one end of the theraband around a chair leg. Loop the other end around one ankle. Bring your leg backwards behind you and away from the chair. Slowly return to the starting position.



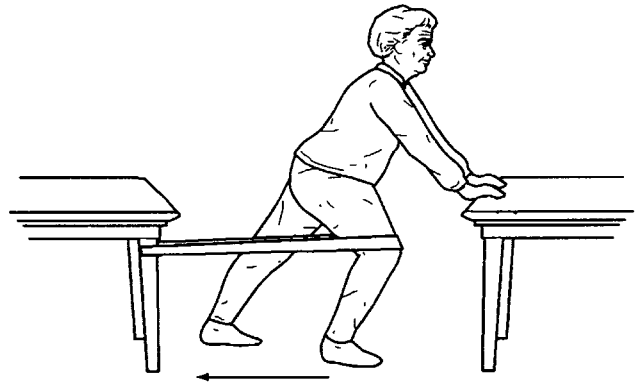
- Support yourself with a chair to one side. Loop one end of the theraband around the chair leg. Loop the other end around the ankle closest to the chair. Bring your leg across your body, in front of your other leg, and away from the chair. Slowly return to the starting position.



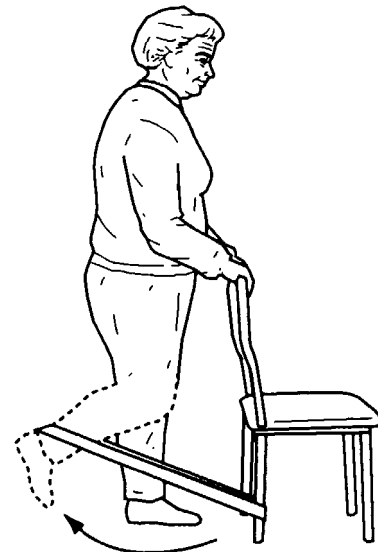
- Support yourself with a chair to one side. Loop one end of the theraband around the chair leg. Loop the other end around the ankle farthest away from the chair. Bring your leg away from your body and the chair. Slowly return to the starting position.



- ❑ Tie one end of the theraband around a table leg at the same level as your kneecap. Loop the other end behind the bend in your knee. Face a table and hold on with both hands. Slowly straighten your leg until it is completely straight. Slowly return to the starting position.



- ❑ Face the back of a chair with both hands holding on to the back of the chair. Loop the theraband around the chair leg and ankle on the same side. Bend your knee by bringing your foot towards your bottom. 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.