Sitting Home Exercise Program
For Leg Strength

Patient Name_____________________
Date__________________
Therapist Name__________________

Sit in a chair that is not too low.

1. Sit to stand
Scoot forward to edge of chair and lean forward so your “nose is over your toes”. Place hands on armrests of chair and push up to stand up straight. Let go of the armrests then reach back and sit down.

Repeat _____ times, _____ sets/day

Advanced: Use 1 hand for support to stand
More Advanced: Fold arms across chest and stand up and sit down.

Repeat _____ times, _____ sets/day

2. Ankle Pumps/Circles
Move feet up, down and/or around in circles.
This exercise is good for circulation and flexibility.

Repeat 10 or more times, _____ sets/day or 1 time every hour during the day.

3. Knee Extension (kicks)
Sit up straight in the chair. Kick your foot up, hold _____ seconds, then lower foot.

Repeat _____ times, _____ sets/day

Advanced: Put a weight on your ankle. Increase the weight as tolerated.
4. Hip flexion (marching)

Sit up straight in the chair. Lift knees up alternately.

Repeat _____ times, _____ sets/day

Advanced: Put a weight on your ankle. Increase the weight as tolerated.

5. Hip Abduction (knees apart)

Put theraband around your thighs. Push knees apart.

Repeat _____ times, _____ sets/day

6. Hip adduction (knees together)

Put ball or pillow between your knees and push knees together.

Repeat _____ times, _____ sets/day

You should do 3 sets of 10-15 repetitions of resisted exercises 3 days a week to increase your strength. You have to increase the weight you lift to keep gaining strength. You can get ankle weights at the sports section of a department store. A set of adjustable ankle weights is recommended (a 10 pound pair of ankle weights that hold up to 5 pounds each).

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7757