

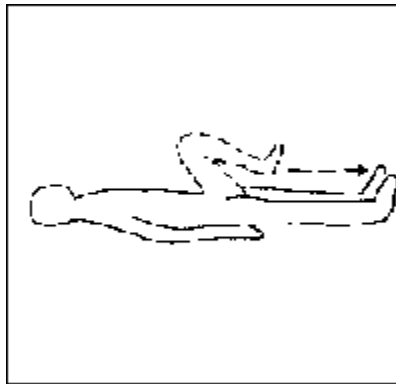
Lower Body: Range of Motion Exercises for the Legs

Author: Shirley Ryan AbilityLab – Spinal Cord Injury Team

Range of motion (ROM) is done to keep your legs loose and flexible. It is usually done once or twice a day depending on how tight you get. Many people find they are especially tight in the morning and ROM at that time helps them throughout the day. When performing the activity, do not bounce the leg. Stretch slightly against resistance and hold. Repeat each movement ten times then switch to the other leg.

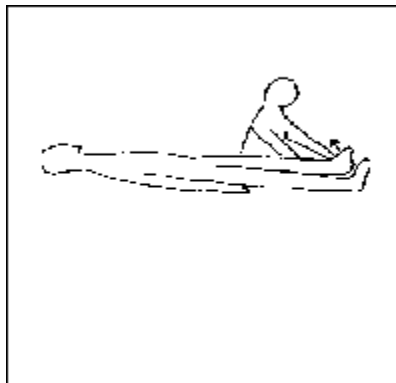
Hip and Knee Flexion

While lying on the back support the leg at the knee and ankle by placing one hand under the knee and the other under the ankle. Bend the hip and knee, push the knee toward the chest.



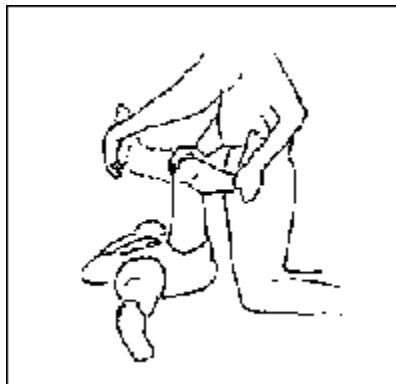
Hip Abduction

Keep the same hand placement as above. Keeping the knee straight and the toes pointing up to the ceiling, slide the leg to the side, moving it away from the other leg. Then move the leg back to center, next to the other leg.



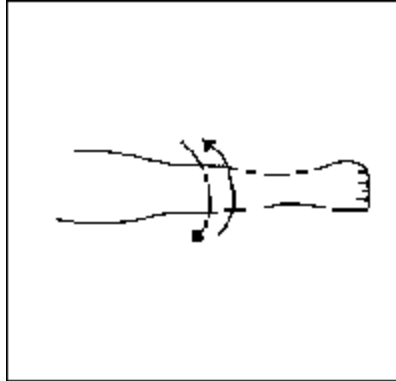
Hip Rotation

Lying on the back, bend the hip and knee so that the foot and knee are at the same level. Place one hand under the heel and the other under the knee. Rotate the hip by turning the lower leg inward then outward. Keep the leg straight. Holding at the top of the knee and ankle, roll the leg inward and outward.



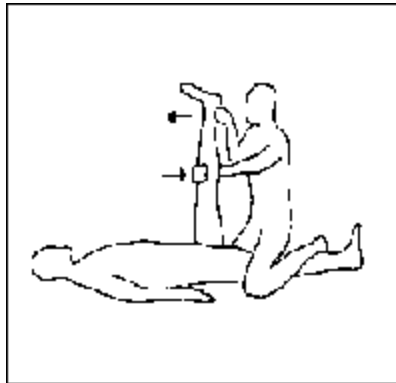
Ankle Inversion and Eversion

Gently turn the foot inward and then outward.



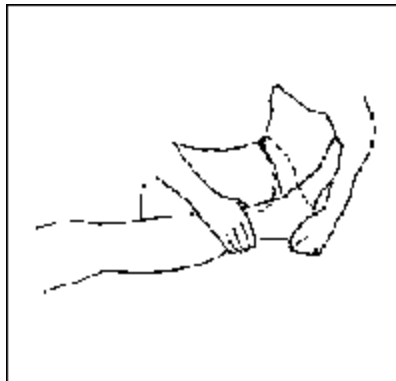
Hamstring Stretching

Hold the heel in one hand and place the other hand in front of the knee to keep it from bending. Slowly raise the leg, keeping the leg straight.



Ankle and Toe Dorsiflexion

Cup the heel in one hand, resting the foot against the forearm. The other hand holds the ankle. Gently pull down on the heel and push forward on the foot.



Toe

Curl or bend the toes then straighten the toes.

