

Lower Body Exercises While Sitting

5 exercises with step-by-step instructions

You can do these exercises to help strengthen your lower body and improve your blood flow.



*Scan for a
digital copy of
this handout.*

Exercise Guidelines

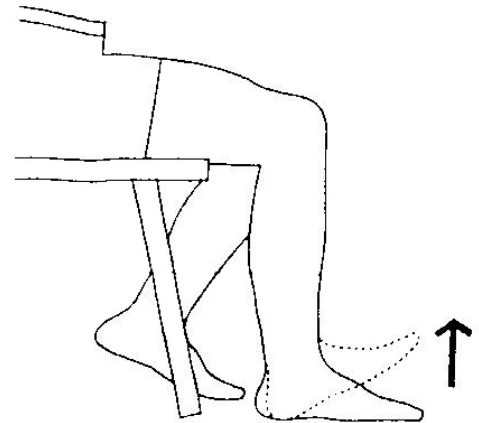
Do these exercises while you are sitting to help strengthen your lower body.

For each exercise: Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day.

If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.

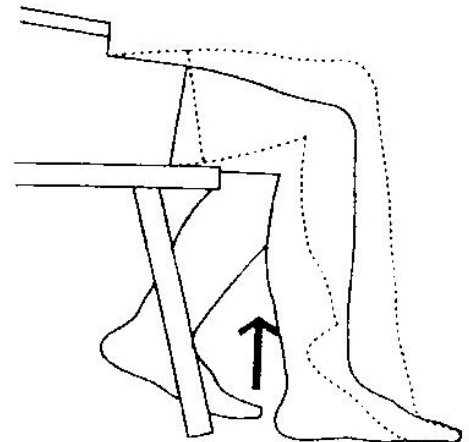
Toe Raise

- Sit in a chair, with your feet flat on the floor.
- Point the toes of the foot you are exercising toward the ceiling. Your heel stays on the floor.
- Lower your foot to the floor.
- When you are done with your reps, repeat with the other foot.



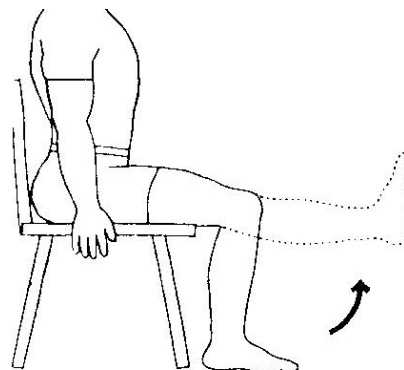
Heel Raise

- Sit in a chair, with your feet flat on the floor.
- Raise the heel of the foot you are exercising. The ball of your foot stays on the floor.
- Lower your foot to the floor.
- When you are done with your reps, repeat with the other foot.



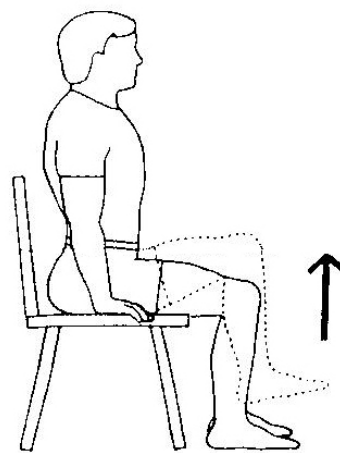
Long Arc Quad

- Sit on a chair with your feet flat on the floor, as shown.
- Straighten your knee, so that your toes are pointed to the ceiling.
- Hold for 3 seconds, and then lower your foot to the floor.
- When you are done with your reps, repeat with the other leg.



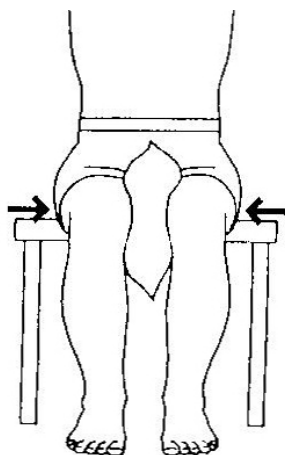
Knee Lift

- Sit on a chair, with your feet flat on the floor.
- Lift up the knee of the leg you are exercising.
- Slowly lower your leg.
- When you are done with your reps, repeat with the other leg.



Leg Squeeze

- Sit on a chair or other firm surface.
- Put a rolled towel or small pillow between your knees.
- Squeeze your legs together for 3 to 5 seconds.
- Breathe normally (do not hold your breath).
- Release.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your Provider:
