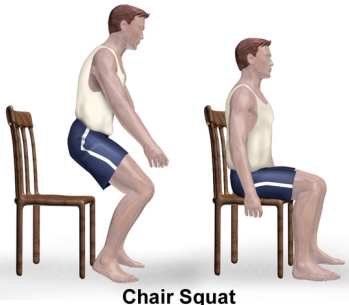






Leg Exercises That You Can Do on Your Own

You can do many of these in a seated position. Warm up your body before by doing cardio or light stretching. Do not perform any exercise that makes you feel sharp pain, tingling, or numbness. You can add leg weights to make these more challenging.

Name of Exercise	Description	Repetitions
<p>1. Sit to Stands</p>  <p>Chair Squat</p>	<p>Use a sturdy chair to stand up and sit back down. Try not to use your hands. Make sure you do not “plop” back into your chair.</p>	<ul style="list-style-type: none"> ● 5-15 repetitions ● Do 3 sets <p>Do as many sit-to-stands as possible and work your way up to 15.</p>
<p>2. Marches</p>  <p>Marches</p>	<p>Bring your knee to hip height and lower your foot down. Repeat. Hold on to a chair if you need to.</p>	<ul style="list-style-type: none"> ● 10-15 repetitions ● Do 3 sets

<p>3. Side Leg Lift</p> 	<p>Holding on to a chair, lift your leg out to the side and lower your leg. Keep your leg straight, toes facing forward.</p>	<ul style="list-style-type: none"> ● 10-15 repetitions ● Do 3 sets
<p>4. Hamstring Curl</p> 	<p>Have your feet hip-width apart. Bring one heel back towards your glute. Slowly lower your leg back down. Hold on to a chair if you need to.</p>	<ul style="list-style-type: none"> ● 10-15 repetitions ● Do 3 sets
<p>5. Calf Raises</p> 	<p>Have your feet hip-width apart. Keep your knees straight and lift your heels off the ground. Distribute weight evenly on toes.</p>	<ul style="list-style-type: none"> ● 10-15 repetitions ● Do 3 sets