

# 10 Recommended Exercises to Maintain Healthy Legs



**1** While sitting, lift one foot off the floor and alternate flexing and pointing your toes. Repeat with the other foot. (20x)



**2** With both feet on the floor, extend one leg straight out in front of you, hold and contract your thigh muscle, then return foot to the floor. Repeat with the other leg. (10x)



**3** In a seated position, lift one foot off the floor and draw your heel back toward the buttocks. Hold and contract hamstring muscle, return foot to starting position. Repeat with the other leg. (10x)



**4** March in place while loosely swinging your arms, lifting your knees as high as possible. (20x)



**5** Lift one foot off the ground. With your toes pointed, form a figure eight pattern in the air. Repeat with the other leg. (10x)



**6** While bearing weight on the toes of one foot, bear weight on the heel of the other foot. Hold for one count and alternate feet. (20x)



**7** Begin exercise with both legs raised in the air. Alternate legs in a scissor-like motion. (10-15x)



**8** Lying on the floor, place hands near lower back for support. Cycle legs in the air using short circular motions for 30 seconds. Repeat this exercise as tolerated.



**9** Lying on the floor, place your hands near your lower back for support. With the knee slightly bent, raise and lower your leg. Repeat with the other leg. (10x)



**10** While lying on your back, raise one or both of your legs into the air and rotate your feet in opposite directions. (20x)

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