

# Active Leg Range of Motion Exercises: Lying

Do these exercises on your back \_\_\_\_ times, \_\_\_\_ times each day. Do only the exercises checked.

Do the exercises with:

- Both legs
- Right leg
- Left leg

## Exercises

### Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

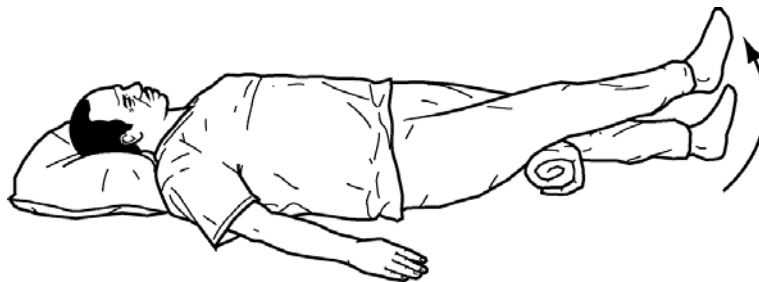


### Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh or upper leg muscles. Hold for 5 seconds and release.

### Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold for 5 seconds and release.



### Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

# Jimicsiyada dhaqdhaqaaajinta lugta iyo agagaarkeeda: jiif

Ku samee dhabarkaaga jimicsiyadan \_\_\_\_ goor, \_\_\_\_ goor maalintiiba. Samee jimicsiyada calaamadsan oo kaliya.

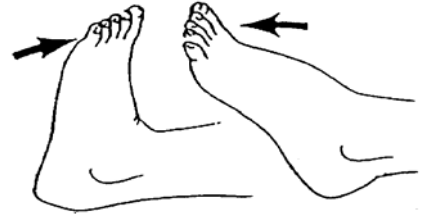
Jimicsi ku samee:

- Labada lugoodba
- Lugta midig
- Lugta bidix

## Jimicsiyada

### Canqow dhaqaaajinta

Kor iyo hoos u dhaqaaji cagtaada sidii oo aad riixayso ama sii duyneysid leewarka gaadhiga.

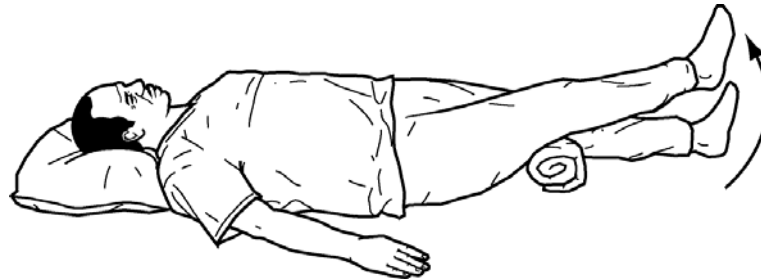


### Bawdada giijinteeda

U jiifso dhabarka lugahaaga oo fidsan oo suulashu cirka eegayaan. Giiji muruqyadaada bawdada. Ilaa 5 seken sidaa u hay, deedna sii daa.

### Lugta hoose

Daasad weyn ama tuwaal duuban oo dhigo jilbahaaga hoostooda. Toosi lugahaaga iyo jilbahaaga. Sidaa u hay ilaa 5 seken oo deedna sii daa.

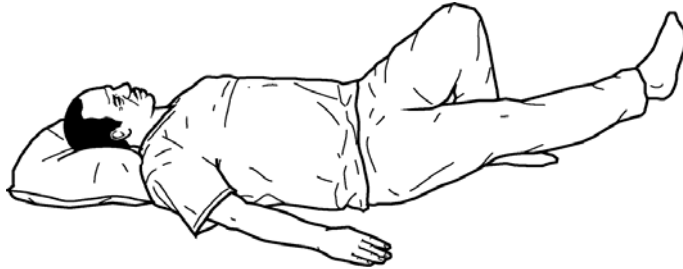


### Salalka

Isku giiji labadaada sal. Sidaa u hay ilaa 5 seken deedna sii daa.

**Straight Leg Raise**

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.



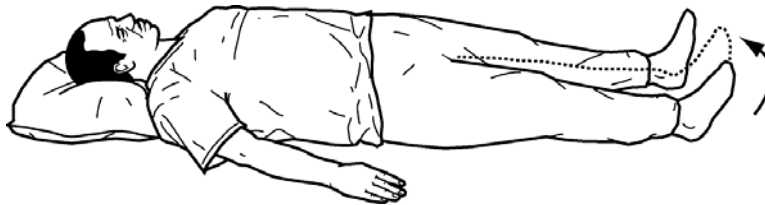
**Hip and Knee Bending**

Bring your leg in toward your chest, bending the knee and hip.



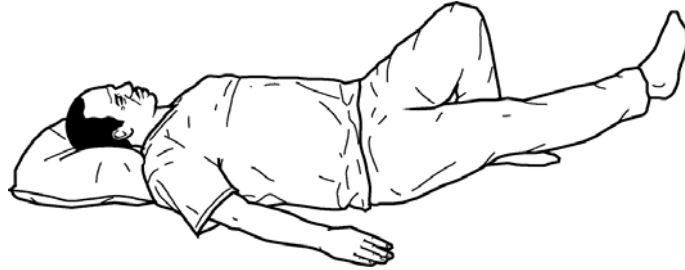
**Hip Rotation**

Roll your leg in toward your other leg and then back out.



**Lug fidsan sare u qaadid**

Sare u qaad lugtaada adigoo cirka u taagaya, isla markaana aan jilibka soo laabin. Soo laab jilibka kale.



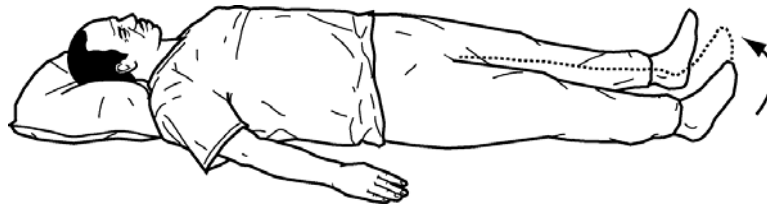
**Laabista miskaha iyo jilibka**

Soo qaad lugtaada oo gaadhsii laabtaada, adigoo laabaya jilibka iyo misigta.



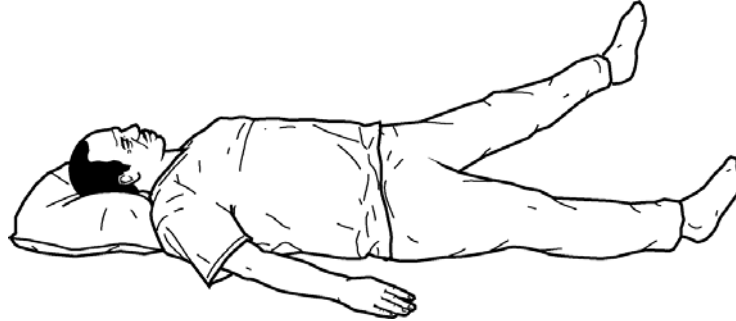
**Misig wareejinta**

Ku dul wareeji lugtaada lugata kale deedna kasoo celi.



**Hip Outward and Inward**

Move your leg out to the side and then back, keeping your knee straight and toes pointed toward the ceiling.



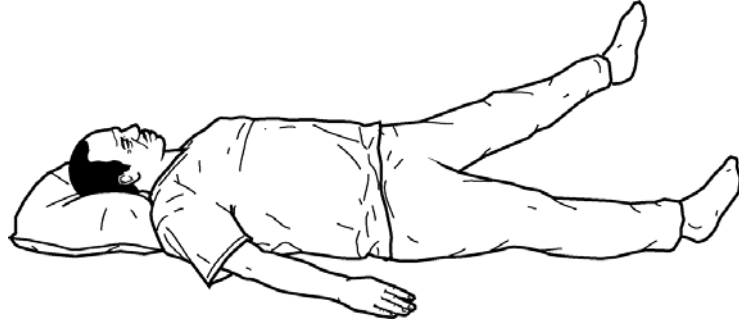
**Knee Push**

Put a towel roll under your ankle and push your knee down into the bed.



**Dhaqdhaqaaajinta miskaha**

Adigoo jilibkaagu furanyahay, suulkaaguna cirka eegayo, lugtaada dhinac u fogee deedna soo celi.



**Jilib riixista**

Dhig tuwaal isku laaban canqawga hoostiisa (halka cidhibta ka sarraysa), deedna jilibkaaga hoos sariirta ugu riix.



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