

Lower Body: Passive Range of Motion Exercises

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The following exercises have been prescribed by your physical therapist. They are intended to improve joint flexibility and muscle strength.

Your therapist will modify the program if you have any movement restrictions and provide information on the best way to perform these activities based on your health condition.

1. Knee to Chest



1. Place one hand under the ankle and one hand under the knee.
2. Bring leg up toward chest with knee bent until resistance is felt.
3. Keep knee in a straight line with trunk.
4. Hold for 30 seconds.
5. Repeat on other side.

2. Calf Stretch



1. Place hand underneath heel of foot and rest forearm along bottom of foot.
2. Using body weight, lean forward and bend foot toward you while keeping knee straight. Hold when resistance is felt.
3. Support knee so it does not hyperextend.
4. Hold for 30 seconds.
5. Repeat on other side.

3. Hamstring Stretch



1. Place the foot on shoulder, keep knee straight, and raise leg until resistance is felt.
2. Keep other leg flat on the mat to ensure all the stretch is on the hamstrings and not on lower back.
3. If the knee starts to bend, lower the leg and decrease the intensity of the stretch.
4. Hold for 30 seconds.
5. Can add #2 Calf Stretch by bringing toes towards hip for added stretch.
6. Repeat on other side.

4. External and Internal Hip Rotation



1. Bring knee up toward chest. Both the hip and knee are at 90 degree angles. Place hands on thigh while supporting the ankle.
2. Gently rotate hip at the thigh until resistance is felt. Do not rotate from ankle.
3. Perform both internal and external rotation. Do not forcefully rotate.
4. Hold each position for 30 seconds.
5. Repeat on other side.

Alternative Positions



1. Bend the leg and place foot on mat.
2. Press thigh outward toward the mat while stabilizing the opposite side of the pelvis until resistance is felt.
3. Hold for 30 seconds.
4. Press thigh inward toward the mat while stabilizing the opposite side of the pelvis until resistance is felt. Hold for 30 seconds.

5. Hip Abduction (Snow Angel)



1. Place one hand under ankle and one hand under thigh.
2. Keep toes and knee toward the ceiling and bring leg out to side until resistance is felt. Hold for 30 seconds.
3. Stabilize other leg if spasm or tightness keeps legs together.

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