

Leg exercise 1: Ankle mobility



In a standing position; raise your heels and then the tips of your toes alternately.
Note: Use a wall or a chair for support if you have balance problems.

Repeat 10–15 times

The exercise can also be used to pump your veins during the day.



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Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.

Leg exercise 2: Knee mobility (1)



In a standing position; grasp your foot and pull your heel towards your buttocks, keep your thighs together.

Notes:

- Use a wall or a chair for support if you have balance problems.
- If you have knee problems, use a towel to pull your heel as far as is comfortable

Hold twice on each side for
20–30 seconds



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Leg exercise 3: Knee mobility (2)



In a standing position; place one foot slightly in front and pull up your tips of your toes, lean forward with your upper body straight.

Note: “your navel wants to look at the tip of the toes”

Hold twice on each side for 20–30 seconds



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Leg exercise 4: Hip / knee mobility



In a standing position; feet wide apart,
move your weight to one side.

Note: Point your knee outward
**Hold twice on each side for
20–30 seconds**



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Leg exercise 5: Hip mobility (1)



In a standing position; with one foot in front of the other shoulder width apart, place both hands on the sides of your pelvis and move your weight to the front.

Notes:

- Keep your upper body upright, try to stretch your back leg.
- Point both feet in the same direction

Hold twice on each side for 20–30 seconds

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Leg exercise 6: Hip mobility (2)



Lying down; place both feet on the floor, then place one leg with the ankle bone on the thigh of the other leg.

Notes:

- If necessary, place a cushion under your head
- Increase the difficulty by pulling the other leg towards your upper body with your hands or using a towel

Hold twice on each side for 20–30 seconds



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Leg exercise 7: Stability and balance



In a standing position; place one foot a little in front the other shoulder width apart, raise the front foot 10-15 cm from the ground.

Notes:

- If you have balance problems, use a wall or chair as a support and regularly let go momentarily
- Increase the difficulty by slowly turning your head

Hold 3 times on each side for 20 seconds



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Leg exercise 8: Hip strengthening (1)



Lying down; place both feet on the ground, gently pull in your belly button, raise your pelvis until your thighs and upper body are in line.

Notes:

- Ensure that your hips are extended.
- Increase the difficulty by taking one leg off the ground. The pelvis must not tilt to the side



Hold for 20 seconds for 3 times or
3 × 15–20 repetitions



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Leg exercise 9: Hip strengthening (2)



Lying on your side; with both legs pulled up place your upper arm in front for support. Move your upper knee towards the ceiling.

Notes: Keep your feet together

3 × 15–20 repetitions



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Leg exercise 10: Strengthening the thighs



In a seated position; with your feet close to the chair, raise your arms above your shoulders, stand up and sit down.

Notes:

With your feet hip-wide apart and slightly at a diagonal, keeping both knees pointing outward

3 × 15–20 repetitions



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