

Seated Home Program

Seated March

- Lift up your knee up towards your chest keeping your back straight.
- Repeat 20x



Seated Ankle Pumps

- Raise foot up and then point toes down.
- Repeat 20x



Seated Knee Extension

- Straighten leg out in front of you, as far as you can.
- Repeat 20x



Seated Ankle Alphabet

- Slowly moving foot, spell the alphabet.



Seated Leg Abduction

- Keep your leg straight and lift your leg out to the side.
- Repeat 20x



Robinwood Professional Center
11110 Medical Campus Road
Suite 201 (Purple Entrance)
Hagerstown, MD 21742
301-714-4025

Meritus Medical Plaza
13620 Crayton Blvd.
Hagerstown, MD 21742
301-790-8613