

**SITTING TOE RAISE**

Start with your feet on the ground. Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time.

This exercise can be made more difficult by performing it in standing instead of sitting.

Perform to fatigue, trying to maintain proper form throughout.

Video # VV9MYLXDN

Complete 3 Sets
Perform 1 Times a Day

**SIT TO STAND**

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object. Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

This exercise can be made easier by using the hands to assist in standing.

This exercise can be made more difficult by performing the sitting movement as slowly as possible.

Perform to fatigue, trying to maintain proper form throughout.

Video # VVUS3WVRC

Complete 3 Sets
Perform 1 Times a Day

**STANDING MARCHING**

While standing, raise up your knee, set it down and then alternate to your other side. Use your arms for support if needed for balance and safety.

This exercise can be made easier by using both hands for support.

This exercise can be made more difficult by performing without hand support. Make sure you are still next to a surface (counter top, chair, wall) that can help you to regain your balance if you do lose it.

Perform to fatigue, trying to maintain proper form throughout.

Video # VVY77EPC

Complete 3 Sets
Perform 1 Times a Day



STANDING HIP ABDUCTION

While standing, kick your leg out to the side in a controlled manner. Alternate legs each repetition.

This exercise can be made easier by using both hands for support.

This exercise can be made more difficult by performing without hand support. Make sure you are still next to a surface (counter top, chair, wall) that can help you to regain your balance if you do lose it.

Perform to fatigue, trying to maintain proper form throughout.

Complete 3 Sets
Perform 1 Times a Day



STANDING KNEE FLEXION

Begin standing with hands placed on a sturdy surface for support. Bend your knee, lifting your heel up toward the ceiling.

This exercise can be made easier by using both hands for support.

This exercise can be made more difficult by performing without hand support. Make sure you are still next to a surface (counter top, chair, wall) that can help you to regain your balance if you do lose it.

Perform to fatigue, trying to maintain proper form throughout.

Video # VVUXCF3XW

Complete 3 Sets
Perform 1 Times a Day



STANDING HEEL RAISE

While standing, raise up on your toes as you lift your heels off the ground.

This exercise can be made more difficult by returning down to the ground with only one leg. This exercise can be made even more difficult by performing the heel raise and lowering on a single leg.

Perform to fatigue, trying to maintain proper form throughout.

Video # VV446LPRP

Complete 3 Sets
Perform 1 Times a Day



TANDEM STANCE BALANCE

Stand in front of a chair, table or counter top for support. Then place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position.

This exercise can be made more difficult by performing without hand support. Make sure you are still next to a surface (counter top, chair, wall) that can help you to regain your balance if you do lose it.

Video # VVYKEQJL8

Complete 3 Sets
Perform 1 Times a Day