

# Seated Ankle Pumps

- Sit in a chair with your feet flat on the ground.
- Next, raise up your toes and forefoot on both sides as you bend at your ankles. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again



# Seated Leg Kicks

- AKA: Long Arc Quads
- Perform 3 sets of 10 each
- While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.



# Seated March

- While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement.



# Seated Clam Shells

- Start by sitting close to the edge of a chair with knees bent and both feet on the floor. Next, move your knees out to the side as shown and then return to straight ahead. Maintain contact of your feet on the floor the entire time.



# Standing Hip Abduction

- While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.
- Use your arms for balance support if needed for balance and safety.



# Standing Knee Bends

- While standing next to a chair or countertop for support, bend your knee so that your heel moves towards your buttock. Lower back down and then repeat on with your other leg.



# Calf Raises

- While standing next to a chair or countertop for support, press down with your toes as you raise up your heels and your body. Lower back down and repeat.



# Standing Toe Raises

- While standing next to a chair or countertop for support, raise up your toes and forefoot as you bend at your ankle. Lower back down and repeat.





# Sit to Stands

- Sit near the front edge of a chair.
- Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to standing, lower your arms by your side. Stand tall.
- Return to sitting on the chair by leaning forward as you raise up your arms. Repeat.



# Mini Squat/ Knee Bends

- Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.
- Knees should bend in line with the 2nd toe and not pass the front of the foot.



# Supported Tandem (In-Line) Stance

- Stand next to a chair, table or counter top and hold on to it for support and safety. Place the heel of one of your feet so that it is touching the toes of your other foot. Maintain your balance in this position.



# Single Leg Stand, Supported

- Stand on one leg and maintain your balance. Have a chair or other more sturdy object like a counter top or sink if needed for support with your balance and safety.



# Seated Lateral Trunk Stretch

- While in a seated position, raise your arm over head and bend your body to the side for a stretch to your back and arm. Hold, then return to starting position and repeat.



# Seated Upper Trunk Rotation

- While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side and then rotate to the other side and repeat.



# Seated Hamstring Stretch

- Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.
- Maintain a straight spine the entire time. Bend through your hips.
- Avoid if history of hip replacement, (clear with PT or Orthopedist prior)



# Seated Crossed Leg Stretch

- sitting in a chair, cross your affected leg so your ankle rests on top of your opposite knee as shown.
- This may be enough for you to feel a stretch in your hip. If not, gently lean forward until a stretch is felt in the top leg. Hold, then place your leg back down on the floor and repeat.
- Avoid if history of hip replacement, (clear with PT or Orthopedist prior)





# Seated Low Back Stretch

- While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Flex your trunk and head down towards the ground. Hold for a stretch to your back, then return to starting position and repeat.
- Avoid if history of hip replacement, (clear with PT or Orthopedist prior)



# Seated Balloon Taps w/ Partner

- While seated, have someone assist by tossing a balloon to you. Use the hand/fingers to tap the balloon back to the person assisting. Repeat.



# Standing Balloon Tap w/ Partner

- While standing, have someone assist by tossing a balloon to you. Use your hand/fingers to tap the balloon back to the person assisting. Repeat.



# Solo Balloon Tap at Wall

- Stand near a wall and toss a balloon against it. Use your hand/fingers to repeatedly tap the balloon against the wall without letting it fall to the floor.



# Ball Toss/Catch

- In sitting, standing or while walking (see below), toss a ball with a partner/against a wall.
- Perform exercise until you feel dizzy or up to 10 times, then stop.
- Additional challenge:
  - Attempt to catch ball without following object with your eyes



# Walking/Endurance Program

- Try going for a walk on the days between your strengthening exercises.
- Progressively increase the distance you walk and the time you spend walking
- Use assistive device as necessary



# Standing Marching

- If unable to walk: Perform standing marching in 30 second bouts
- While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend. Lower back down and then perform on your other side. Repeat this alternating movement.

