



Single Leg Balance

Standing with your hands over a counter or chair back, balance on one foot while keeping an upright posture. Alternate.

-Don't let the opposite hip drop down.

Repeat 5 Times

Hold 10 Seconds

Perform 1 Times a Day



Single Leg Calf Raise

Standing on one foot with your hands on a counter or chair back, go up onto your toes. Repeat.

-Can do both feet together if unable to do on one.

-Use your hands to maintain balance only, not to assist with the motion.

Repeat 15 Times

Complete 2 Sets

Perform 4 Times a Week



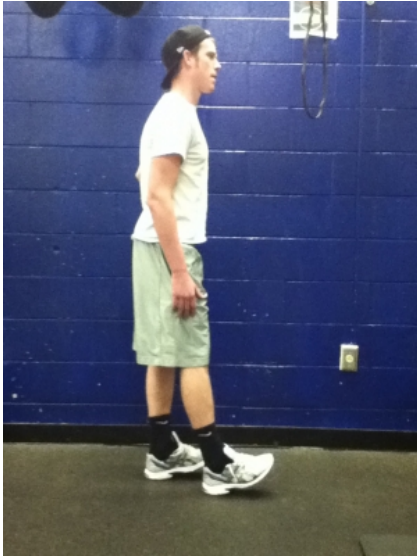
Mini-Lunges

Standing with a counter or chair back to your side for safety, step forward with one foot, letting the knee bend to accept your weight. Return to start position and repeat.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



Toe Raises

Standing with a counter or chair back to your side for safety and your right foot forward, place your weight on your right heel, then raise and lower the ball of the right foot. Note that your body may move forward and back with the motion of the foot.

-Place heel on folded towel or wear shoes to reduce the pressure on your heel.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



Sit to Stands

Sitting on the edge of a chair with your feet slightly apart, lean forward and stand up, making sure your knees stay pointing the same direction as your feet (don't let your knees turn inward). Stay slow and controlled as you return to sitting. Repeat.

-If there is pain on return to sitting, stop prior to the point of pain and return to standing; continue in the pain-free range.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



Bilateral Shoulder Flexion

Standing in a stride stance (one foot forward) and holding light weights, raise your arms forward and up, moving through your full range of motion as able. Lower your arms slowly and repeat.

-Make sure to keep an upright posture throughout the exercise.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day