

Standing leg exercises

- Please do all of these exercises 3 times a day
- Do each exercise 20 times
- Hold onto a solid rail or kitchen counter at home when doing these exercises.
- Look straight ahead when doing these exercises.

Toe ups

Gently rise up on toes, and hold for 3 seconds. Then rock back on heels, and hold for 3 seconds.

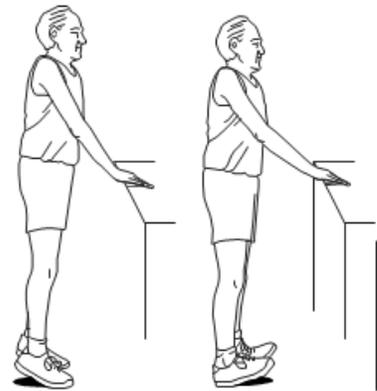


Figure 1- A person showing how to do toe ups.

Leg- sideways lift

- Stand straight holding onto a support.
- Lift your leg sideways, hold for 3 seconds and bring it back.
- Keep your trunk straight during this exercise.

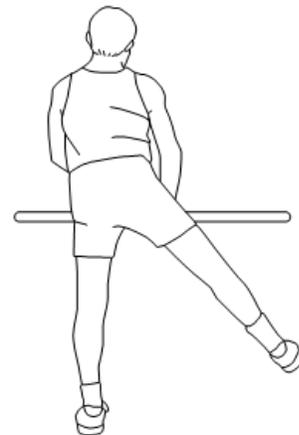


Figure 2- A person showing how to do a sideways leg lift.

Leg- kickback

- Stand straight holding onto a support.
- Bring your leg backward, keeping knee straight, and hold for 3 seconds.
- Do not lean forward.



Figure 3- A person showing how to do a leg kickback.

Knee bends

- Hold onto support for balance.
- Slowly bend knees, and hold for 3 seconds.
- Keep both feet on the floor.



Figure 4- A person showing how to do knee bends.

Marching

- Hold onto support
- Lift knee
- March on the spot



Figure 5- A person showing how to march on the spot.

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