



STANDING HEEL RAISES

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

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



TOES RAISES - DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



STANDING MARCHING

While standing, draw up your knee, set it down and then alternate to your other side.

Use your arms for support if needed for balance and safety.

Repeat 40 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



HIP FLEXION - STANDING -SLR

While standing, raise your leg forward as shown.

Use your arms for support if needed for balance and safety.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



HIP EXTENSION - STANDING

While standing, move your leg back as shown.

Use your arms for support if needed for balance and safety.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



SQUATS

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees slightly and lower your body slightly towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



WEIGHT SHIFT - LATERAL

While in a standing position and knees partially bent, slowly shift your body weight side-to-side.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



WEIGHT SHIFT - FORWARD BACK

While in a standing position and knees partially bent, slowly shift your body weight forward and then back.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



WEIGHT SHIFT - DIAGONAL

While in a standing position and knees partially bent, place one foot forward and one foot back in a staggered stance. Next, slowly shift your body weight diagonally towards the front foot and then towards the back foot.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day