

# Exercises from a standing position

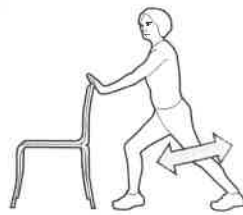
To maintain balance, use a kitchen counter or the back of a sturdy chair that doesn't have wheels.

## Calf stretch

Hold back of chair. Step back with right foot; keeping foot straight. Lean forward, keeping right heel on floor.

**Right leg:** Hold 30 secs. 3 reps

**Left leg:** Hold 30 secs. 3 reps

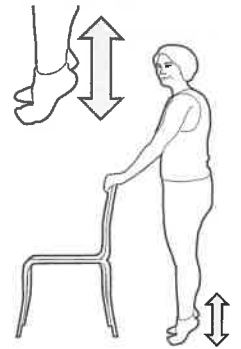


## Heel and toe raise

Stand straight, feet shoulder-width apart, rise up on toes, pause, then lower back down.

Then lift toes, keeping heels flat, lower back down.

**Both feet together:** 10 reps



## Lateral leg swing

Hold back of chair. Move right leg straight out to side without bending knee or waist. Keep toes pointed forward.

**Right leg:** 10 reps

**Left leg:** 10 reps



## Mini-squats

Hold back of chair. Bend knees as far as is comfortable. Keep back and head up straight and behind toes, as in diagram. Then return to standing position.

10 reps



## Hip flexion and extension

Hold the back of chair and bring your right knee up as close to the chest as possible, trying not to bend at the waist.

Slowly lower your leg and swing straight behind you without bending the knee. Then lower back to starting position.

**Right leg:** 10 reps

**Left leg:** 10 reps



## Side-to-side twist

Keeping your feet on the ground, shoulder-width apart, slowly twist your upper body from right to left. Stand as straight as possible.

10 reps



**Note:** Be sure to consult with your physician before beginning an exercise program.

The exercises suggested here do not substitute for a program provided by your health practitioner.

Consult: Troy Vannucci, registered physical therapist

\* secs. = seconds

\* reps = repetitions