

Total 10



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance. Use one hand/finger assistance if needed.

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

SINGLE LEG STANCE - RETRO SLS	F
Stand on one leg and maintain your balance.	F
Next, hold your leg out behind your body.	
Then return to original position.	

Repeat	10 Times
Hold	10 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

Maintain a slightly bent knee on the stance side.



SINGLE LEG STANCE - REACH FORWARD
SLS

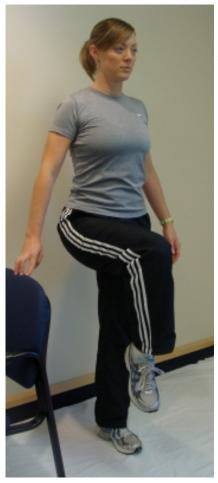
Stand on one leg and maintain your balance.

Next, reach forward with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat	10 Times
Hold	5 Seconds
Complete	1 Set
Perform	1 Time(s) a Day



Marching

March in place raising alternating knees as high as tolerated.

Repeat15 TimesHold3 SecondsComplete1 SetPerform1 Time(s) a Day



Heel-Toe Walking on a Line

Position yourself on a line with one foot in front of the other. Practice walking along the line by placing one foot straight in front of the other.

Less Advanced: use a thicker line to walk on, a caregiver may provide hand support for balance/ you can use a kitchen sink for support.

Repeat15 TimesComplete1 SetPerform1 Time(s) a Day



Kleenex Box step over - front

Start with standing behind a Kleenex box.

Step over the box with your right foot, making sure that you get a good heel strike.

Allow your weight to shift on to the forward foot.

Return to the starting position.

Do 10-15 one side, then repeat other side.

STANDING HEEL RAISES

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

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day

15 Times

1 Time(s) a Day

1 Set

Repeat Complete

Perform





Step ups

Start by facing the step. Step up with the affected leg, followed by the unaffected leg. Step back down with the unaffected leg, followed by the affected leg. Keep your back in an upright position. Repeat10 TimesComplete2 SetsPerform1 Time(s) a Day

SIT TO STAND - NO SUPPORT



Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

You can use your hands to push off the chair/thigh if needed. You can also choose a higher chair initially.

Repeat10 TimesHold1 SecondComplete2 SetsPerform1 Time(s) a Day



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day