



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

Stand on one leg and maintain your balance.

Next, hold your leg out behind your body.

Then return to original position.

Maintain a slightly bent knee on the stance side.

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



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.

Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 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.

Repeat 15 Times
Complete 1 Set
Perform 1 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.

Repeat 15 Times
Complete 1 Set
Perform 1 Time(s) a Day



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



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.

Repeat 10 Times
Complete 2 Sets
Perform 1 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.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 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