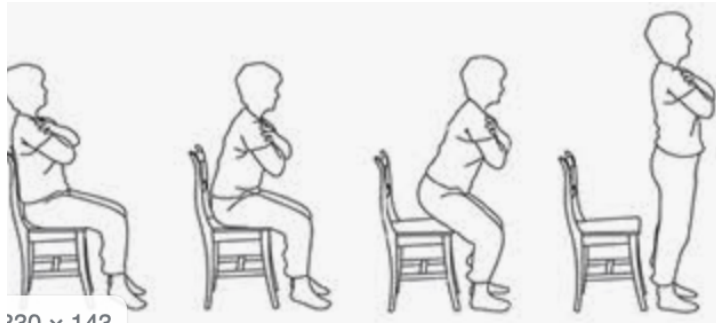


Exercises

Warm up: walk, side step, arm circles

Leg strengthening:

1) **Sit-to-Stand:** use sturdy chair that will not slide on floor. Weight in heels, chest up



2) **Step up:** foot fully on step, press up, step down with first foot, lead with same foot, then switch lead foot. **Be sure to hold onto railing for balance**



3) **3 Point Toe Tap:**

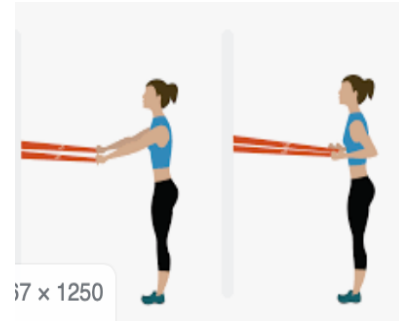
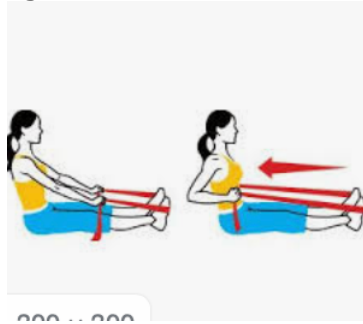
Lift one foot just off the floor and tap the floor out in front with your toes and return back to center. Then, tap toe out to side. Finally, tap your toe straight back. Repeat, alternating lead legs. **Be sure to hold onto railing for balance**

4) **Seated straight-leg lifts:** extend leg, do not lock knee, flex ankle so toe is pointing up. Lift leg up, and down



Upper Body Strengthening:

1) Seated or Standing Row with band: anchor band around feet, sit up straight, pull arms back squeeze, shoulder blades together.



2) Chest press with band or Wall push up: bring band behind back and under arms. Hold end of band and push away from body, arms together or 1 at a time

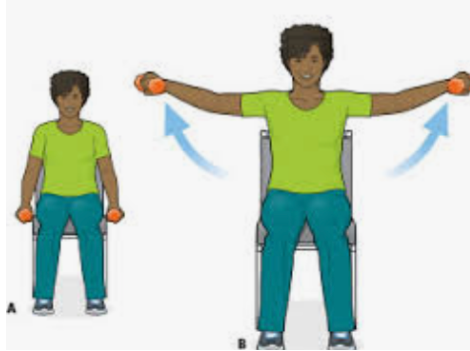


or:



be sure you are not standing on a loose rug or slippery floor

3) Seated Arm Raises using hand weights: **lift only to shoulder**



Balance:

- 1) **Single-leg stand:** **hold onto back of chair or counter top**, lift 1 foot off ground & hold for as long as you can, then switch legs



- 2) Heel Toe Stand: **hold onto back of chair or counter top**, stand with heel of one foot touching toe of other.

