

Standing Exercises

Physical Therapy Home Program

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Instructions

- Use a sturdy surface (like a kitchen counter) for balance.
- For all exercises, remember good posture: stand tall, keeping your back straight and head up.
- To make exercises harder, gradually increase the number of repetitions.
- Work hard, but stay within your level of comfort.
- Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.
- Do not hold your breath as you exercise. Breathe out as you move and breathe in when you're in the resting (starting) position.

How often to exercise

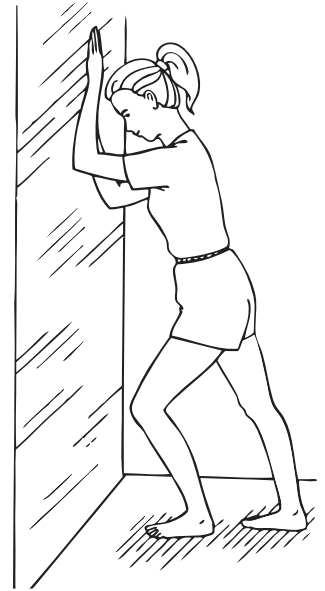
Do these exercises daily

Special instructions

Ankle weights can be added to increase difficulty. Do all movements slowly, using muscle not momentum.

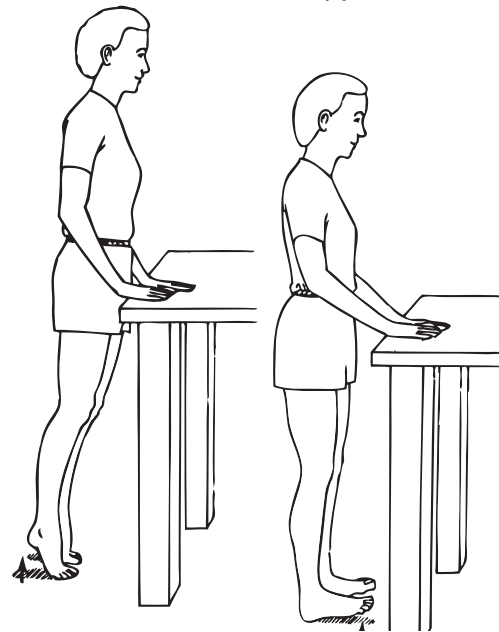
Heel cord stretch (gastroc stretch)

With your palms against wall, place your right leg behind you. The knee should be straight with the heel flat on the floor. Bending your left knee, lean into wall. Hold 30 seconds. Repeat 1 time on each side.



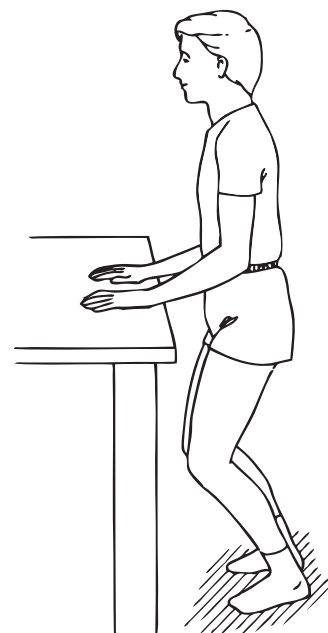
Toe and heel raises

With your legs straight, rock back onto your heels, then slowly stand up on your toes. Repeat 15 times.



Knee bends

Slowly bend your knees, as if you were going to sit in a chair. Return to your starting position. Repeat 15 times. Perform as if sitting in a chair, move buttocks toward your heels.



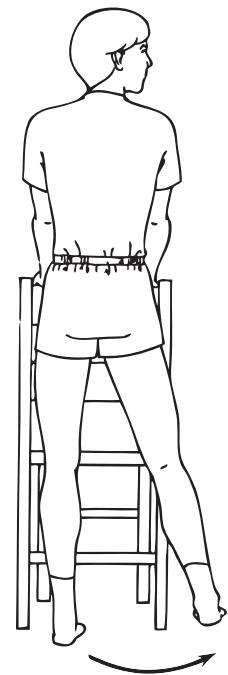
High stepping (hip flexion)

Keeping your back straight, slowly march in place.
Perform for 30 seconds to 1 minute



Side kicks (hip abduction)

Keeping your toes pointed forward and knee straight, slowly kick one leg out to side. Do not lean to the side. Repeat 15 times. Repeat with other leg.



Backward kicks (hip extension)

Keeping your toes pointed forward and knee straight, slowly kick one leg back. Do not lean forward. Repeat 15 times. Repeat with other leg.



Knee lifts (knee flexion)

Bend your knee, bringing your heel up as far as possible. Repeat 15 times.

Repeat with other leg.

