

Lower Extremity Exercises – Standing

Advance yourself to the following exercises done in a standing position. Hang on to a solid support, such as a kitchen counter, when exercising. These exercises are most effective if trunk is kept upright, buttocks tucked in and toes pointed straight ahead. Be sure to hold your stomach muscles tight and use good breathing techniques while exercising.

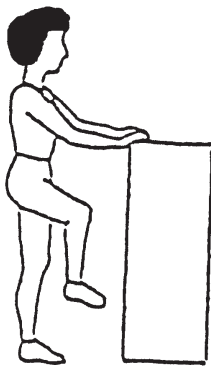
When doing these standing exercises:

- Hold on to a solid object
- Stand up tall

Marching

- Lift up knee.

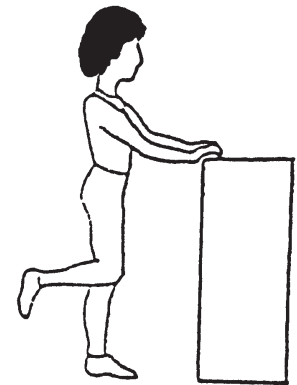
____ repetitions
____ times per day



Knee bends

- Bend knee toward buttocks.

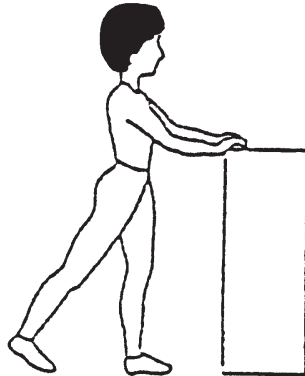
____ repetitions
____ times per day



Kick back

- Kick leg behind you.
- Keep knee straight.

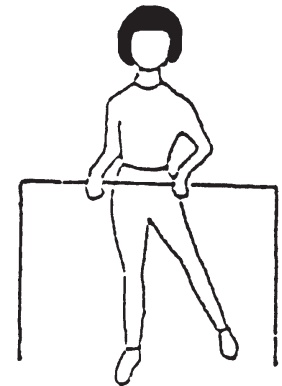
____ repetitions
____ times per day



Side kick

- Kick leg to side.
- Keep knee straight.

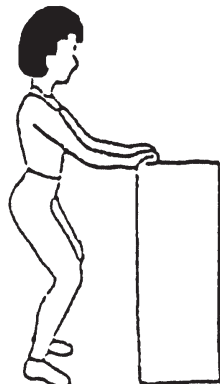
____ repetitions
____ times per day



Squats

- Bend hips and knees as if sitting in a chair.

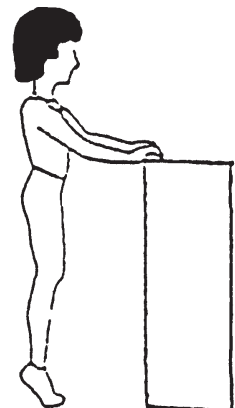
____ repetitions
____ times per day



Heel raises

- Go up and down on your toes.
- Repeat on heels.

____ repetitions
____ times per day



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.