

## Standing leg exercises

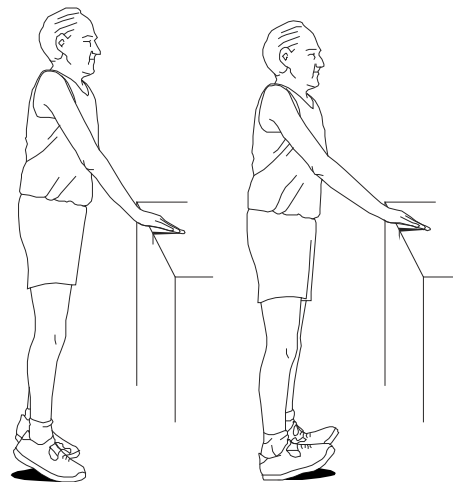
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- Please do all of these exercises 3 times a day.
- Do each exercise 20 times.
- Hold onto a solid rail or kitchen counter at home when doing these exercises.
- Look straight ahead when doing these exercises.

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### Toe ups

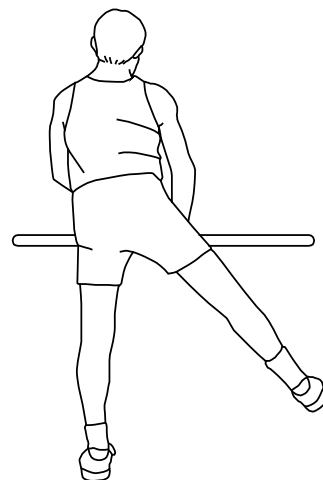
- Gently rise up on toes, and hold for 3 seconds. Then rock back on heels, and hold for 3 seconds.



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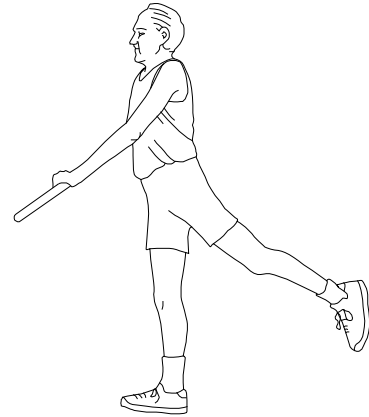
### Leg – sideways lift

- Stand straight holding onto a support.
- Lift your leg sideways, hold for 3 seconds and bring it back.
- Keep your trunk straight during this exercise.



## Leg – kickback

- Stand straight holding onto a support.
- Bring your leg backward, keeping knee straight, and hold for 3 seconds.
- **Do not lean forward.**



## Knee bends

- Hold onto support for balance.
- Slowly bend knees, and hold for 3 seconds.
- Keep both feet on the floor.



## Marching

- Hold onto support.
- Lift knee.
- March on the spot.

