



860-658-3745

## **STAY STEADY ON YOUR FEET WITH THESE SIMPLE EXERCISES**

### **Leg Strengthening Exercise**

1. Begin in sitting position, with arms across chest.
2. Keep head facing forward
3. Slowly stand, then
4. Slowly, sit and repeat



Gradually increase the number of Repetitions up to 20. If you need to use arm rests in the beginning, Work towards performing with arms Across chest, Perform 2 sets of 10 repetitions, Once a day.

### **Balance Exercise**

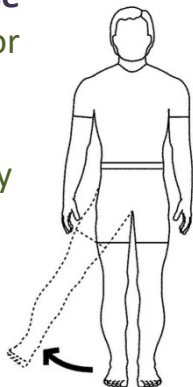
1. Stand near a counter and use for balance only as needed.
2. Have a clock with a second hand in so you can time how long you can stand on one foot.
3. Begin with feet shoulder distance apart
4. Lift right foot off of floor, and maintain balance.
5. Tighten buttocks muscles
6. Lower leg and repeat 2 more times.

### **Special Instructions:**

Do not lean to side or let pelvis lower to one side. Keep knees facing forward. Perform 3 sets, once a day. Hold exercise for 30 seconds Rest 1 minute between sets

### **Steady on Your Feet Exercise**

1. Stand using counter top or table for balance only as needed.
2. Keep knee straight, slowly move one leg outward, keeping your back upright.
3. Return to start position repeat with other leg.



Progress repetitions as able up to 20 reps. Perform 1 set of 10 repetitions , once a day.

***For more information  
on Home Safety and  
Physical Therapy  
please call  
860-658-3745  
or visit  
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