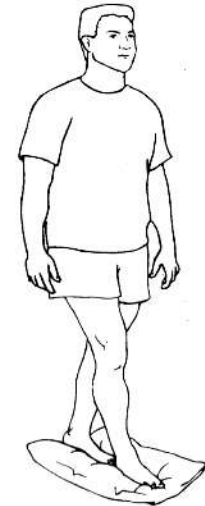


General Safety Tips

- The purpose of these exercises is to improve the ability to maintain balance during sitting, standing, or walking activities; and to increase one's general activity level and safety in a variety of home and community situations.
- For safety, all exercises must be performed close to a support surface (wall, countertop) or next to someone.
- Only perform those exercises as instructed by the therapist. If instructions are not clearly understood, wait for clarification by therapist before attempting to perform.

STANDING STATIC - 8 Feet Heel-Toe "Tandem" (Compliant Surface)

Stand on pillow with right foot directly in front of the other. Look straight ahead at stationary object. Perform with arms at sides.



Hold 30 seconds.
Repeat 3 times per session.
Do 2-3 sessions per week

STANDING STATIC - 6 Feet Together (Compliant Surface)

Stand on pillow with feet together. Look straight ahead at stationary object. Perform with arms at sides.



Hold 30 seconds.
Repeat 3 times per session.
Do 2-3 sessions per week.

~~Recommendation?~~ OR PER!!
Use walking stick in & out
of home

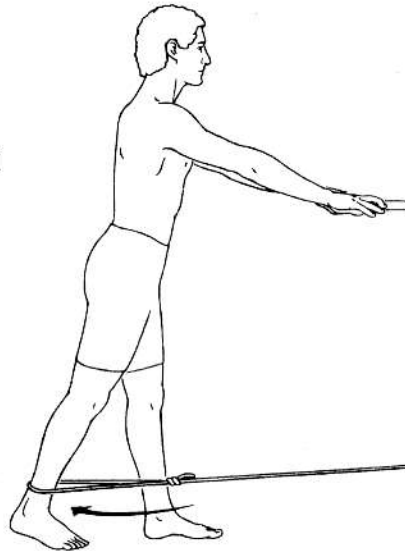
* PREVENT FALLS!

Strengthening Exercises

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around right ankle, face anchor and pull leg straight back.

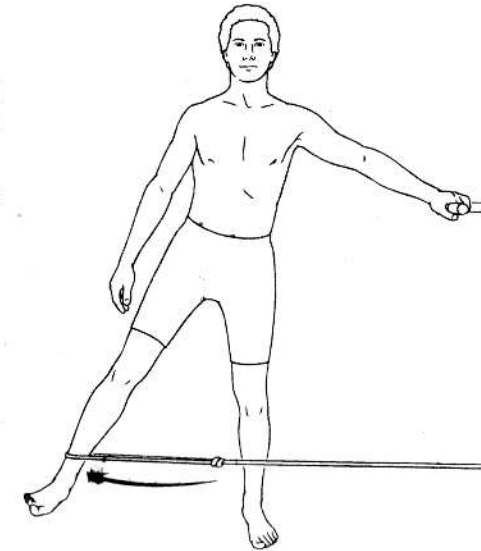
Repeat 10 times per set.
Do 2 sets per session.
Do 2-3 sessions per week.



HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around right leg, other side toward anchor, extend leg out from side.

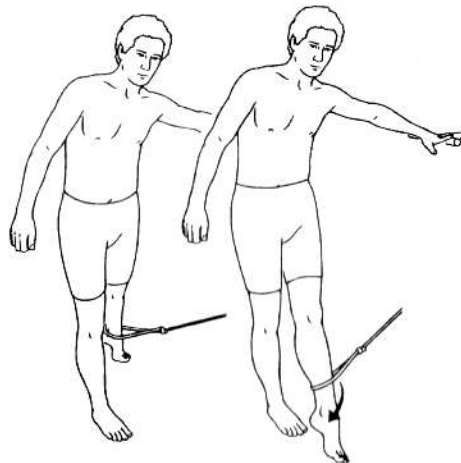
Repeat 10 times per set.
Do 2 sets per session.
Do 2-3 sessions per week.



HIP / KNEE - 30 Strengthening: Hip Diagonal – Resisted

With tubing around right leg, anchor behind on same side, begin with leg out behind. Pull leg across front of body as if kicking a soccer ball.

Repeat 10 times per set.
Do 2 sets per session.
Do 2-3 sessions per week.



HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around right ankle, anchor behind, bring leg forward, keeping knee straight.

Repeat 10 times per set.
Do 2 sets per session.
Do 2-3 sessions per week.

