

# Exercises from a standing position

To maintain balance, use a kitchen counter or the back of a sturdy chair that doesn't have wheels.

## Calf stretch

Hold the back of a chair. Step back with one foot, keeping foot straight. Lean forward, keeping heel on floor.

Right leg: hold 30 seconds, 3 reps  
Left leg: hold 30 seconds, 3 reps



## Lateral leg swing

Hold the back of a chair. Move leg straight out to side without bending knee or waist. Keep toes pointed forward.

Right leg: 10–15 reps  
Left leg: 10–15 reps



## Hip flexion and extension

Hold the back of a chair and bring your knee up as close to your chest as possible, trying not to bend at the waist.

Slowly lower your leg and swing it straight behind you without bending your knee. Then lower it back to the starting position.

Right leg: 10–15 reps  
Left leg: 10–15 reps



## Heel and toe raise

Stand straight with your feet shoulder-width apart, rise up on toes, pause, and lower back down.

Then, keeping your heels flat, lift your toes and lower back down.

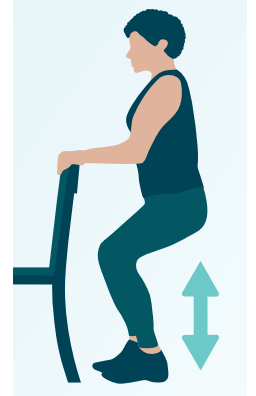
Both feet together: 10 reps



## Mini-squats

Hold the back of a chair. Bend knees as far as is comfortable. Keep back and head up straight and behind toes, as in diagram. Then return to standing position.

10 reps



## Side-to-side twist

Keeping your feet on the ground, shoulder-width apart, slowly twist upper body from right to left. Stand as straight as possible.

10 reps



**Note:** Be sure to consult with your physician before beginning an exercise program. The exercises suggested here do not substitute for a program provided by your health practitioner.