

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:

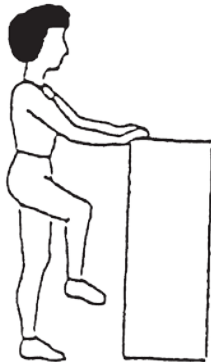
- Hold on to a solid object
- Stand up tall

Marching

- Lift up knee.

_____ repetitions

_____ times per day

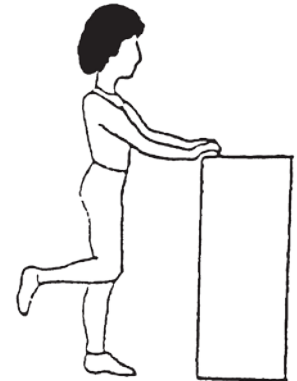


Knee bends

- Bend knee toward buttocks.

_____ repetitions

_____ times per day

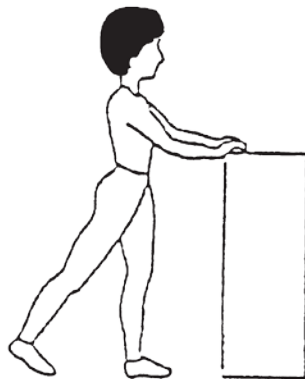


Kick back

- Kick leg behind you.
- Keep knee straight.

_____ repetitions

_____ times per day

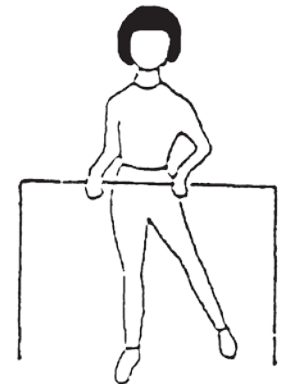


Side kick

- Kick leg to side.
- Keep knee straight.

_____ repetitions

_____ times per day

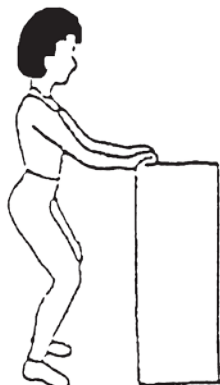


Squats

- 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

