

**Notes :****1 Standing plantar flexion**

Hold onto the back of a steady chair.  
Lift your heels up so that you are standing on the front of your feet for a couple of seconds. Then lower back your feet flat on the floor.  
Repeat.

□  
Sets: 2 Reps: 10**2 Hip abduction**

Stand up and hold lightly the backrest of a chair or a countertop/table.  
Raise one leg sideways in a controlled movement while keeping your back straight and your foot pointed forward.  
Hold for a few seconds at the top of the movement and lower slowly.  
Once you've done all the repetitions, repeat with the other leg.

Sets: 2 Reps: 10

**3 Partial squat**

Stand up behind a steady chair with the fingers on the backrest to maintain your balance.  
Your weight should be equally distributed between your two feet and they should be at hip's width.  
Push your hips backward while you bend the knees and slightly bend the trunk forward to lower yourself toward the ground.  
Keep the knees aligned with the center of your feet.  
Hold the position for a few seconds then come back up.  
Repeat.

Sets: 2 Reps: 10

**4 Marching / Hip flexion**

Stand straight with a steady object in front of you.  
Put only the tips of your fingers on the object only to keep your balance.  
Lift one knee toward your chest while keeping your balance.  
Return to the starting position and repeat with the other side.

Sets: 2 Reps: 10

**5 Standing hip adduction**

Stand up between the backrest of two chairs to keep your balance.  
Lift your leg inward in front of the support leg as far up as possible without rotating the trunk.  
Lower the leg and repeat.

□  
Sets: 2 Reps: 10

## 6 Standing hip extension



Stand holding the back of a chair or a counter.  
Lift your leg up behind you, while keeping your back straight and looking directly ahead of you.

Sets: 2 Reps: 10

## 7 Shoulder circumduction



Stand up straight with your hands on your shoulders.  
Move your elbows up, in, down and out in order to make circles with your elbows that are as large as possible.  
Repeat in the other direction.  
Repeat for the prescribed number of times in each direction.  
Relax your elbows.

Sets: 2 Reps: 10

## 8 Scapula retraction/protraction



Bring your shoulders forward as far as possible. Then, bring them backwards tightening the shoulder blades.

Sets: 2 Reps: 10

## 9 Standing hip rotation



Stand with the hands on the hips and the feet slightly apart. Without moving the shoulders, move the hips in a circular motion. Do clockwise and counterclockwise movement. To progress, do larger circles.

Sets: 2 Reps: 10

## 10 Lateral weight transfer



Standing near a chair or stable object (table, counter top) with feet slightly apart. Reach sideways as to touch an imaginary target by shifting the weight on the left and on the right foot while keeping your balance. Repeat on each side as prescribed.

Sets: 2 Reps: 10

**11 Balance on one foot**

Stand on one foot and hold the position. Do this exercise on a wall corner or near a stable object for balance. Make sure to keep the trunk upright.

Sets: 2 Reps: 10

**12 Anteroposterior shift+flex.**

Stand with your back straight and the feet slightly apart and help your balance by holding a chair in front of you. Slowly transfer your weight on your toes by raising the heel and then bring the weight back on the heels by raising the forefoot. Repeat.

Sets: 2 Reps: 10

**13 Forward step+weight transfer**

Stand up with your feet slightly apart and your back straight. Take a step forward and transfer your weight to the front leg by pushing the hips in front. Hold the position for a few seconds and come back to the starting position. Repeat with the other leg.

Sets: 2 Reps: 10

**14 Military walk on the spot**

Walk on the spot lifting your knees very high. Lift your left arm forward as you lift the right knee upward and repeat on the other side (military march on the spot).

Sets: 2 Reps: 10

**15 Standing overhead reach**

Stand up with feet slightly wider than shoulder width and shift your weight onto your right foot, then reach your right hand up as far as you can. Watch your hand throughout the entire movement. Reach your left hand out for counterbalance. Repeat on the other side.

Sets: 2 Reps: 10