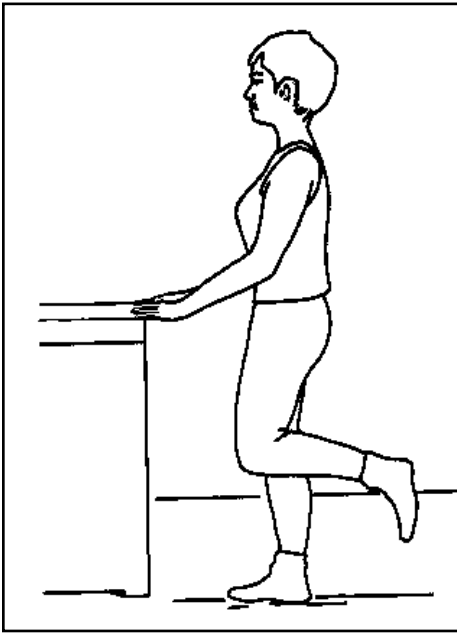
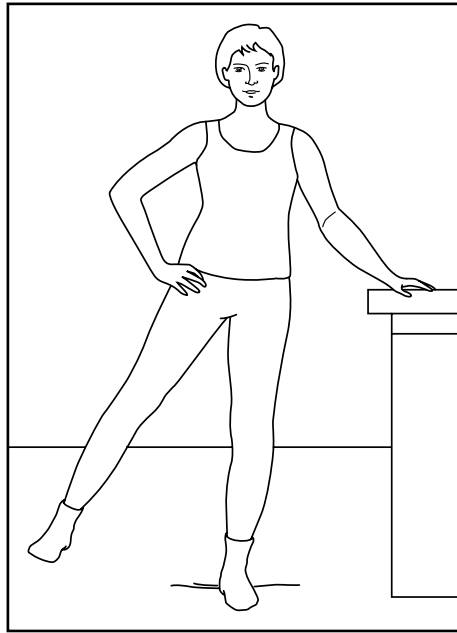


# Standing Leg Exercises

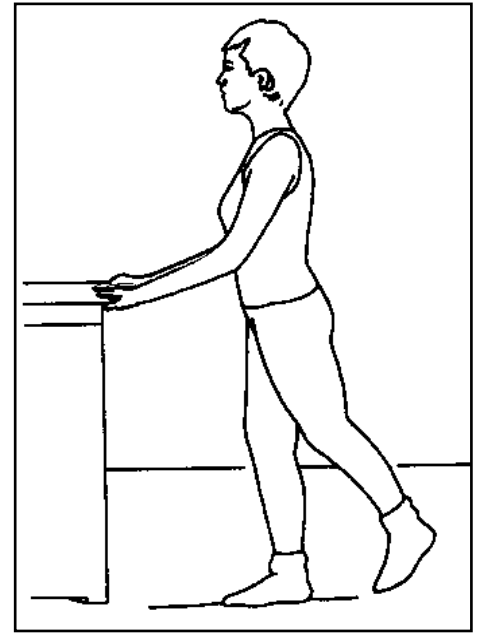
These exercises will help improve your balance. For each exercise, stand by a counter or other sturdy surface to help keep your balance.



- Bend your knee.
- Bring your heel toward your buttocks.
- Return to your starting position.
- Switch legs.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.

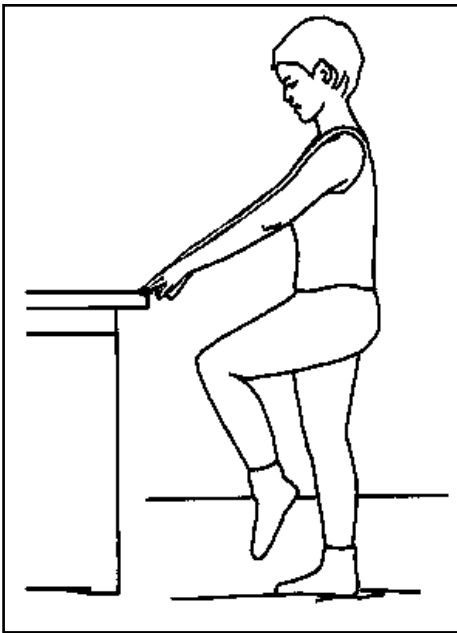


- Lift your leg out to the side.
- Return to your starting position.
- Switch legs.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.

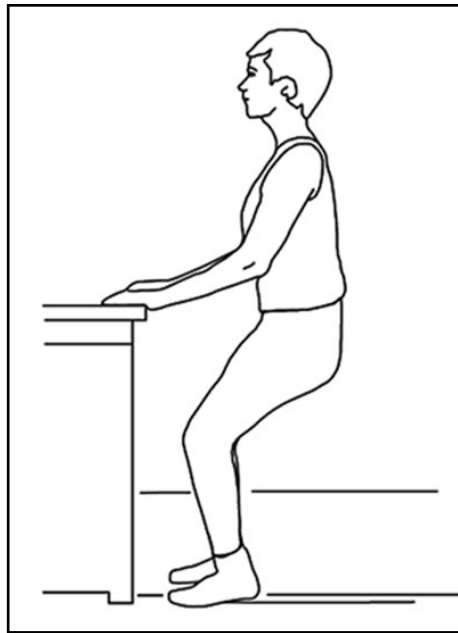


- Slowly kick (lift) your leg backward.
- Return to your starting position.
- Switch legs.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.

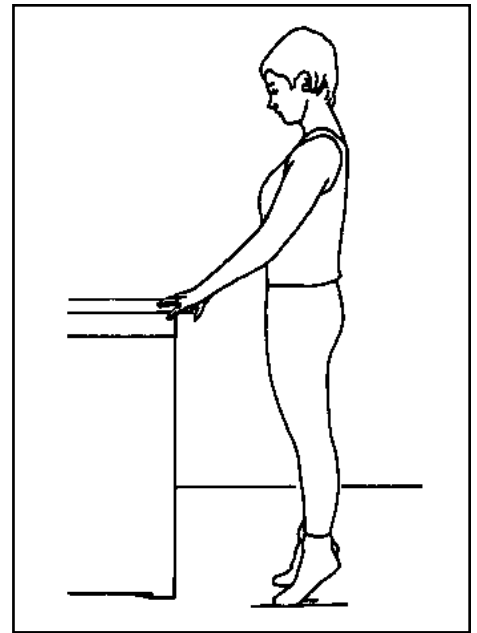
(over)



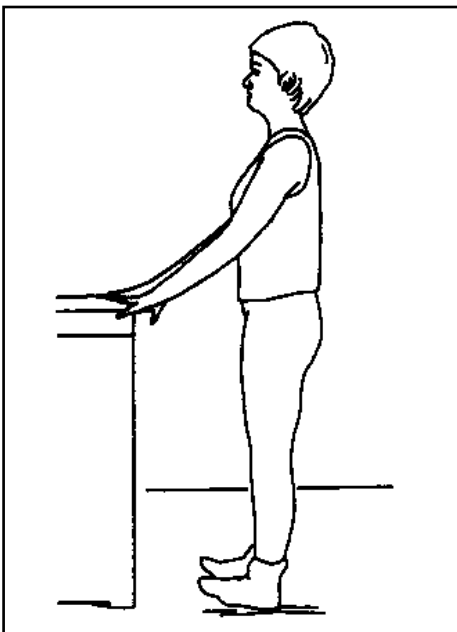
- Bring your knee toward your chest.
- Return to your starting position.
- Switch legs.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.



- Bend your knees slightly.
- Hold for \_\_\_\_\_ seconds.
- Return to your starting position.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.



- Stand on the balls (front) of your feet.
- Return to your starting position.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.



- Stand on your heels.
- Return to your starting position.
- Do this exercise \_\_\_\_\_ times:
  - ☐ each day
  - ☐ each week.

All drawings © Allina Health System