

## HOME ROUTINE - Basic Exercises for Balance and Strength

- Perform enough repetitions to lightly fatigue the muscle
- Use extra weight or resistance when appropriate
- Use controlled movements, not momentum

**Sit & Stand:** sit near the edge of the chair, stand and sit repetitively for 30 seconds (perform at least 8 repetitions, even if it takes longer than 30 seconds). *Strengthens the thigh and buttocks*

**Toe Taps:** sitting, keep your heels down and lift the toes and the ball of your foot up and down. *Strengthens the front lower leg*

**Seated Heel-Toe Taps:** sit near the edge of the seat. Lean back slightly. Bend and straighten both legs to tap heels and toes front and back. *Improves core, hip flexor and leg strength*

**Heel Raises:** standing, lift your heels up and down. If you can, do it on one leg at a time. *Strengthens the back lower leg*

**Leg Extension:** standing or seated, hold your knee up and bend and straighten at the knee. *Strengthens the top of the thigh and hip flexor area*

**Leg Lifts (out to the side):** standing, lift your leg straight out to the side. *Strengthens outer hip/gluteus area*

**Leg Lifts (inward):** standing, bring your leg inward and across your body. *Strengthens inner thigh area*

**Leg Lifts (backwards):** standing, lift your leg straight back. *Strengthens back of leg and buttocks*

**Trunk Twists:** rotate your torso to the right and left. *Improves core strength and balance skills*

**Wall/Counter Push Ups:** perform push-ups/push-aways with body at a slight angle away from the wall. *Improves upper body and core strength.*

**"Tight rope":** walk as if on a tightrope or balance beam, one foot directly in front of the other, with the toes of the back foot up against the heel of the front foot. *Improves dynamic balance*

**"Grapevine":** step sideways with a slight crossover, alternating the leg that's in front. *Improves dynamic balance*

**"Flamingo":** Balance on one leg without support, 10 - 30 seconds. *Improves static balance.*

