

Patient information factsheet

Standing exercises

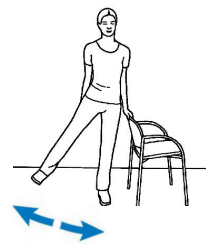
It's important to do regular exercises while standing to maintain the balance and strength in your leg muscles. Your physiotherapist will advise you on which of these exercises you need to do and how regularly.



- 1) In a standing position, hold onto a stable surface. Take your leg out to the side and then slowly return it to the starting position.

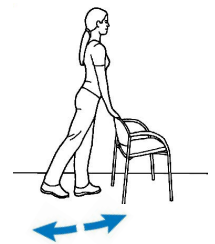
Keep your trunk (torso) straight during this exercise.

Repeat ___ times.



- 2) In a standing position, hold onto a stable surface. Bring your leg backwards, keeping your knee straight. Try not to lean forwards.

Repeat ___ times.



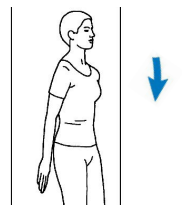
- 3) In a standing position, hold onto a stable surface. Bring your knee up towards your chest.

Repeat ___ times.



- 4) Stand with your back against the wall and your feet hip width apart and away from the wall. Gently bend your knees and then straighten them, so your body slides up and down the wall.

Repeat ___ times.

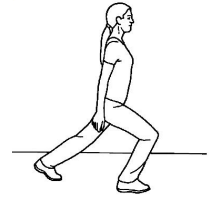


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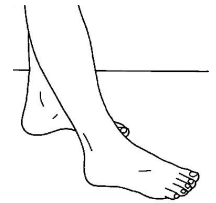
- 5) Stretch one leg behind you, keeping your knee straight and your foot flat on the floor. Gently lean forwards until you feel a stretch in your calf muscle.

Hold for ___ seconds. Repeat ___ times.



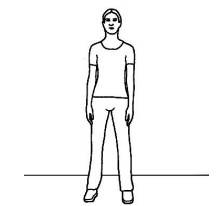
- 6) In standing position, hold onto a stable surface. Step forwards so that the heel of one foot is next to the toes of another (like you are tightrope walking).

Repeat ___ times.



- 7) In standing position, hold onto a stable surface. Take side steps to the left and right.

Repeat ___ times.



- 8) Sitting with your arms crossed, stand up and then sit down slowly on a chair. This can be made easier and harder by changing the height of the chair.

Repeat ___ times.



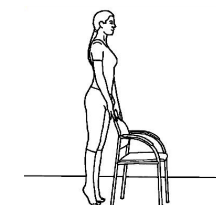
- 9) Stand next to a supportive surface and try to maintain your balance on one leg.

Hold for ___ seconds.



- 10) In standing position, hold onto a stable surface. Raise up onto your tiptoes.

Repeat ___ times.



If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.