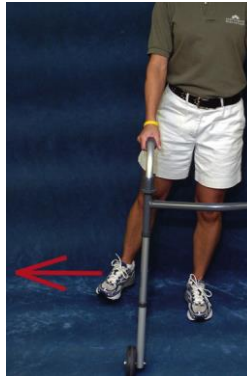


1. Standing Weight-Shifting

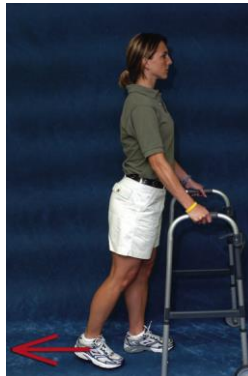
Stand with your feet shoulder-width apart. Use cane, walker or countertop for balance. Slowly shift your weight sideways onto one leg as far as possible. Now shift your weight over to the other leg as far as possible. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**2. Standing Abduction**

Stand in your walker or at a countertop for balance. While keeping your trunk straight and upright, lift your _____ leg straight out to the side. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**3. Standing Extension**

Stand in your walker or at a countertop for balance. While keeping your trunk straight and upright, lift your _____ leg straight behind you, tightening your buttocks. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**4. Standing Knee Flexion**

Stand in your walker or at a countertop for balance. While keeping your trunk straight and upright and thighs parallel, bend your _____ knee, bringing your heel towards your buttock as far as tolerated. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.



5. Standing Calf Raises

Stand in your walker or at a countertop for balance. Raise up on your tiptoes as high as you can, then lower yourself slowly back down. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**6. Marching**

Stand in your walker or at a countertop for balance. While keeping your trunk straight and upright, slowly march in place, alternately raising your feet up about 3-6 inches off the ground. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**7. Partial Squats**

Stand in your walker or at a countertop for balance. While keeping your back straight, slowly bend both knees, lowering yourself down about 3-6 inches as if you were going to sit down. Now tighten your thighs and slowly stand back up. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**8. Step-Ups**

Place your _____ foot up on the top of a step. Use cane, railing or countertop for balance. Tighten your thigh muscles and step up, straightening the leg. Slowly return back to the starting position. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.



9. Wall Slides

Stand with your back up against a wall. Place your feet shoulder width apart and about 12-18 inches from the wall. Slowly bend both knees, lowering yourself down about 3-6 inches. Now tighten your thighs and slowly stand back up. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day. (Alternate: Repeat above using an exercise ball between yourself and the wall.)

**10. Standing Knee Flexion Stretch**

Place your _____ foot up on the top of a step. Gently begin leaning in towards the step, bending your knee as much as tolerated. Hold the stretch for _____ seconds. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.

**11. Sitting Knee Extension Stretch**

Sit on a firm surface with your leg straight out in front of you and resting on a small stool or step. Allow your knee to relax and straighten as much as possible. Gently lean forward until you feel a stretch in the back of your knee and thigh. Hold the stretch for _____ seconds, then relax. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.



12. Sidelying Leg Lifts

Lie on your side with 1-2 pillows between your legs. Keeping your knee straight or bent (ask therapist), lift it straight up in the air, then slowly lower it back down. Repeat this _____ times per set, for _____ sets. Complete this _____ times per day.



OR

