Standing Exercises

Physical Therapy Home Program

Name __________________________________________  Date __________________

Therapist ____________________________________  Phone number ________________

Instructions

• Use a sturdy surface (like a kitchen counter) for balance.

• For all exercises, remember good posture: stand tall, keeping your back straight and head up.

• To make exercises harder, gradually increase the number of repetitions.

• Work hard, but stay within your level of comfort.

• Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.

• Do not hold your breath as you exercise. Breathe out as you move and breathe in when you’re in the resting (starting) position.

How often to exercise

Do these exercises: _____________________________

____________________________________________

Special instructions

____________________________________________

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☐ Heel cord stretch (gastroc stretch)

With your palms against wall, place your right leg behind you. The leg should be straight with the heel flat on the floor. Bending your left knee, lean into wall. Hold _____ seconds. Repeat _____ times on each side.

☐ Toe and heel raises

With your legs straight, rock back onto your heels, then slowly stand up on your toes. Repeat _____ times.

☐ Knee bends

Slowly bend your knees, as if you were going to sit in a chair. Return to your starting position. Repeat _____ times.
- **High stepping (hip flexion)**
  Keeping your back straight, slowly march in place. Repeat _____ times.

- **Side kicks (hip abduction)**
  Keeping your toes pointed forward and knee straight, slowly kick one leg out to side. Do not lean to the side. Repeat _____ times. Repeat with other leg.

- **Backward kicks (hip extension)**
  Keeping your toes pointed forward and knee straight, slowly kick one leg back. Do not lean forward. Repeat _____ times. Repeat with other leg.
**Knee lifts (knee flexion)**

Bend your knee, bringing your heel up as far as possible. Repeat _____ times. Repeat with other leg.