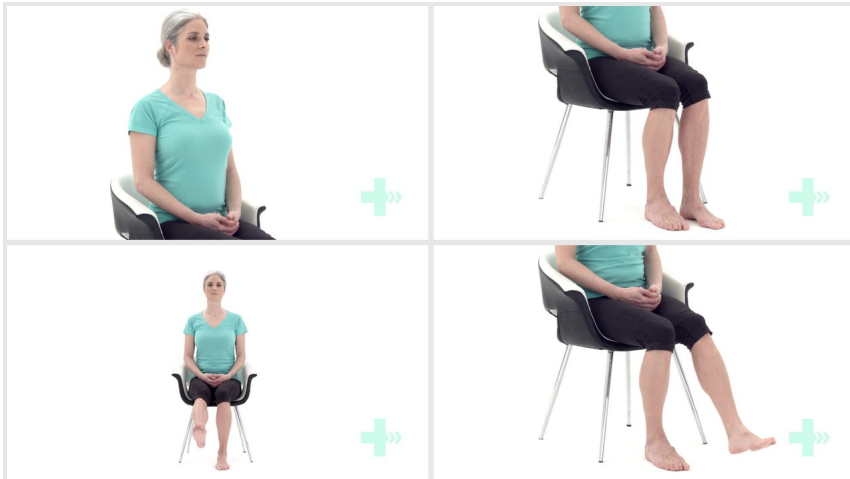


Healthfx Physiotherapy  
By Appointment Only  
Duplex Ave.  
Toronto, ON

## 1. Knee extension strengthening (alternate), sitting

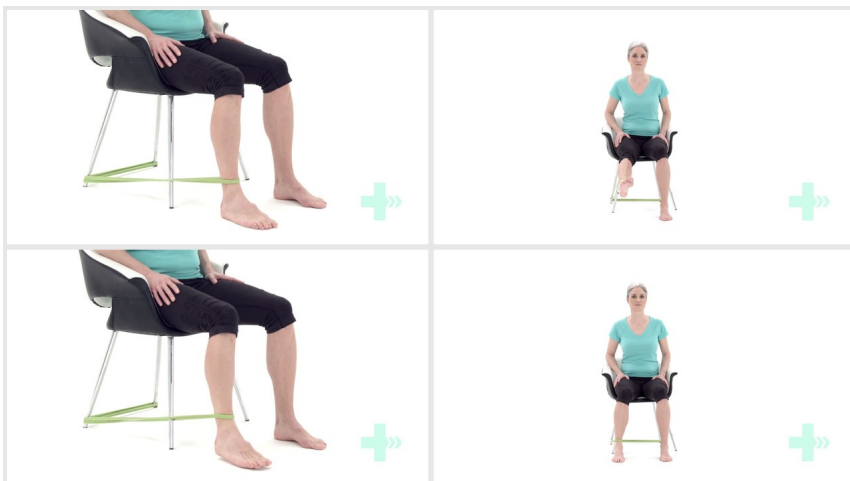
1 Set / 10 Reps / 3 s hold



Sit upright, your shoulders back and down.  
Extend one leg out in front of you.  
Flex the knee back to the neutral position and switch legs.  
Extend the leg out and then flex.

## 2. Knee extension strengthening, with band, sitting

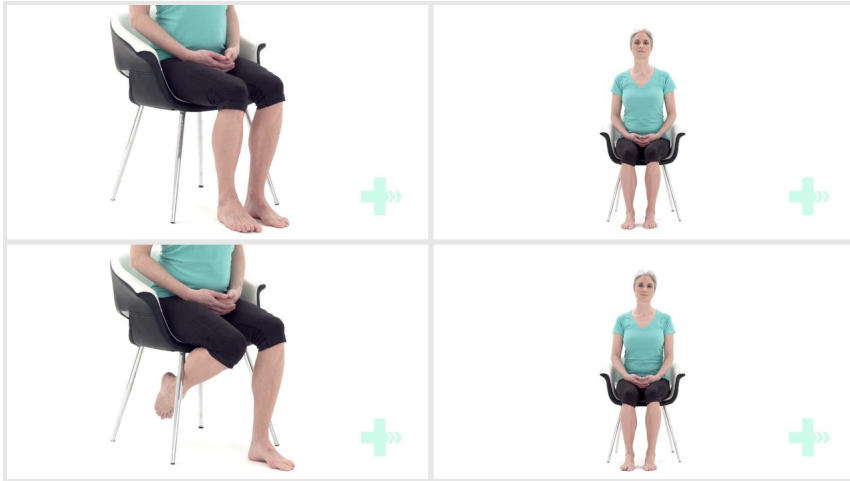
1 Set / 10 Reps / 3 s hold



Sit on a chair and tie a resistance band to one of the chair legs.  
Place one foot in the loop. Now stretch out your knee as far as possible.  
Hold, and return to the starting position.

### 3. Knee flexion AROM (alternate), sitting

1 Set / 10 Reps / 3 s hold



Sit in a neutral posture, your shoulders back and down.  
Pull your heel back towards the chair as far as you can go.  
Relax to the neutral position and switch sides.  
Pull your heel back and relax.

### 4. Hip abduction strengthening, standing beside chair; 02

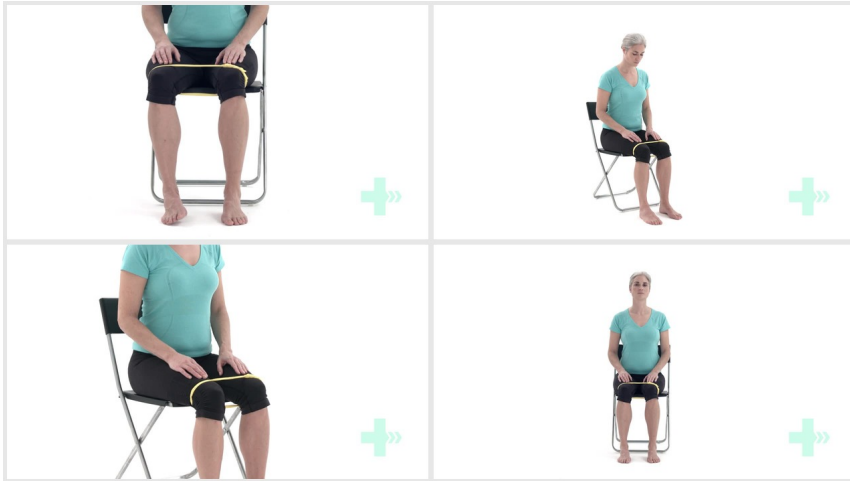
1 Set / 10 Reps



Stand straight, holding a chair or table for balance.  
Keeping your affected leg straight, slowly move it out to the side.  
Control the leg as you bring it back in to the starting position, and then repeat the movement.  
Make sure you do not lean your body or hitch your hip up as you move your leg.

## 5. Hip abduction strengthening, with band, sitting; 01

1 Set / 10 Reps



Sit with a resistance band tied around your knees.

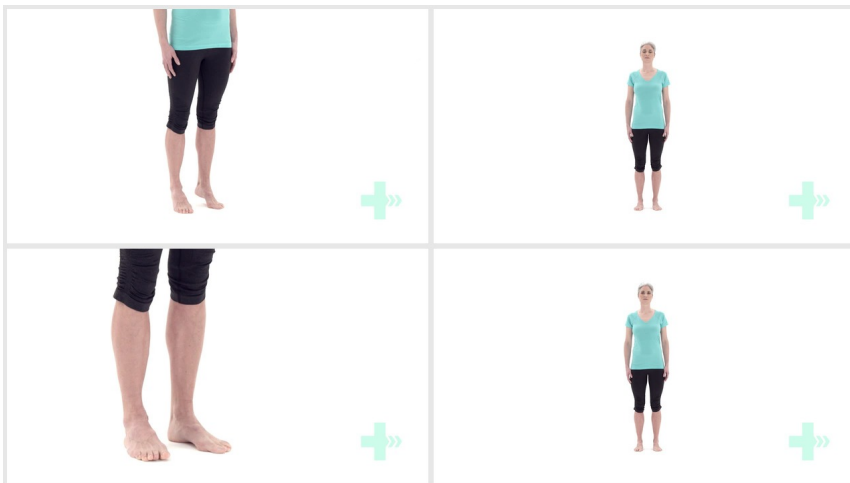
Keeping your good leg still, turn the thigh of your affected leg out as far as you can without twisting the body and then steadily return to the start position.

You will feel this down the side of your hip.

Relax and repeat.

## 6. "Heel raises" Gastrocnemius strengthening, standing

1 Set / 10 Reps



Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.

Return back to the starting position.

## 7. "Toe walking" Ankle plantar flexion strengthening, with arm swing; 02

1 Set / 10 Reps



Start up on your toes with your heels raised off the floor.  
Walk forward with a natural arm swing, keeping your heels off the floor.

## 8. "Squat" Lower body strengthening, standing behind chair

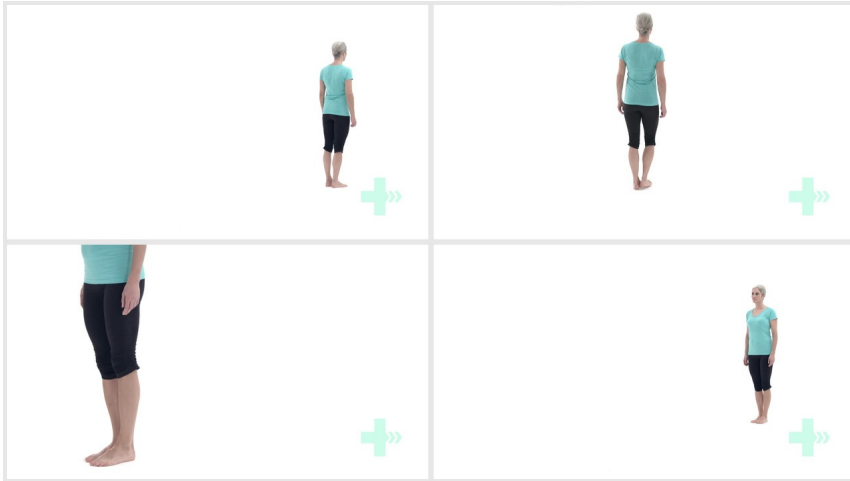
1 Set / 10 Reps



Stand behind a chair.  
Reach your hands forward onto the back rest.  
Bend both knees into a squatting position, allowing your hand to slide over the back rest.  
Push through your legs and return to standing.  
Repeat.  
Return to the starting position.

## 9. Balance, walking backwards, step to, near wall

1 Set / 4 Reps



Stand up straight, close to a supporting wall if you need it.

Keep your gaze straight ahead and your body up tall.

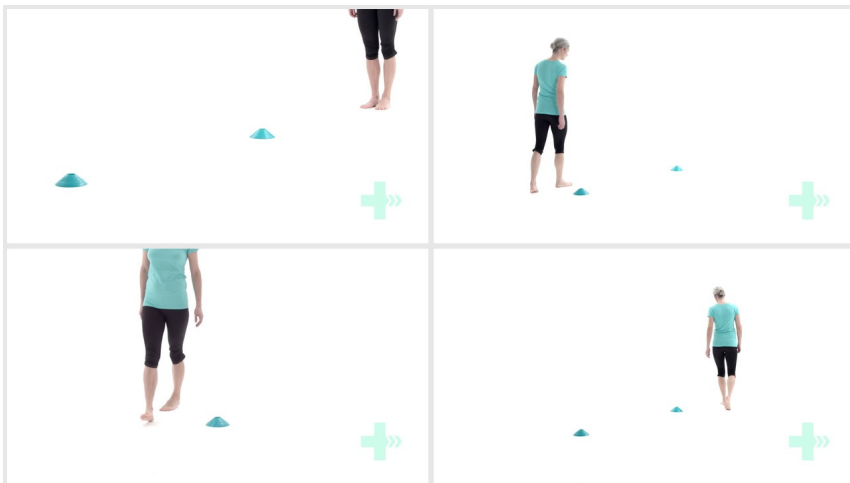
Step one leg backwards, tightening your buttock muscles, then bring the other leg to join it.

Repeat this movement.

To increase the difficulty, step one leg past the other as you walk backwards.

## 10. Balance, walking forward, figure 8 pattern

1 Set / 4 Reps



Stand up straight.

Place two cones, or similar objects, on the floor in front of you approximately three meters apart.

Walk slowly in a 'figure 8' pattern around the objects.

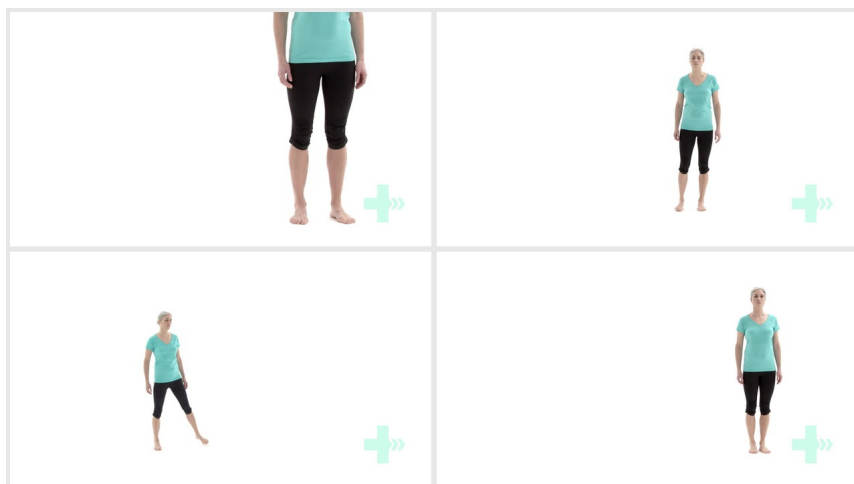
Pass the first cone to the right and the second to the left.

Turn around to complete the 'figure 8' back to your starting position.

As you feel more confident increase the speed of your walking, and change

## 11. Balance, walking to side, with large steps

1 Set / 4 Reps



Stand up straight with your feet hip width apart and a clear path to your side.

Take a slightly larger than usual step to one side with one leg.

Step your other leg toward your first leg, ending with your legs hip width apart again.

Continue with side stepping in one direction.

When you reach the end, stay facing the same way to step back in the other direction.

## 12. Balance, tandem stance, between two chairs

1 Set / 5 Reps / 10 s hold



Place 2 chairs on either side of you and stand in the middle.

Holding on to the chairs, place your right foot directly in front of your left foot in a tandem stance and maintain that posture.

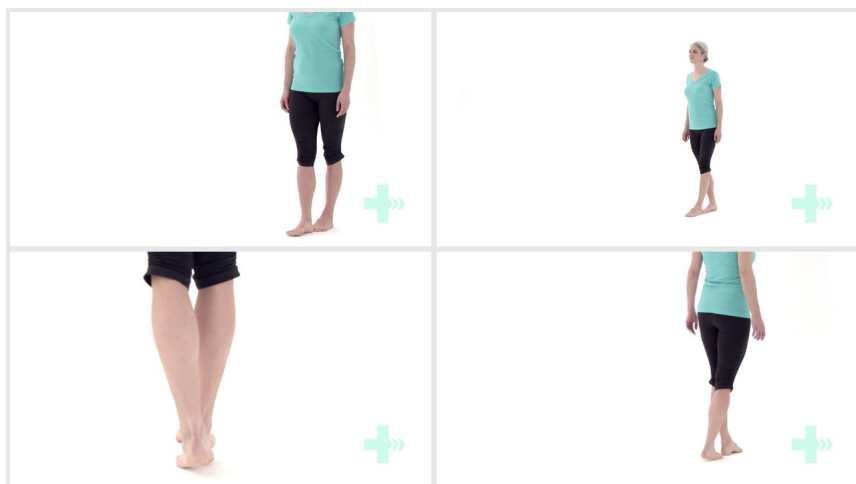
Try and balance without holding on.

Switch feet so the opposite foot is now in front and repeat.

A kitchen work surface or a corridor is a good place to do this, using the walls or the worktop.

### 13. Balance, tandem walking; 03

1 Set / 4 Reps



This exercise involves walking with one foot directly in front of the other. Look straight ahead. Put your heel down directly in front of the toes as you walk in a straight line.

### 14. Balance, single-leg, progression from standing, leg straight

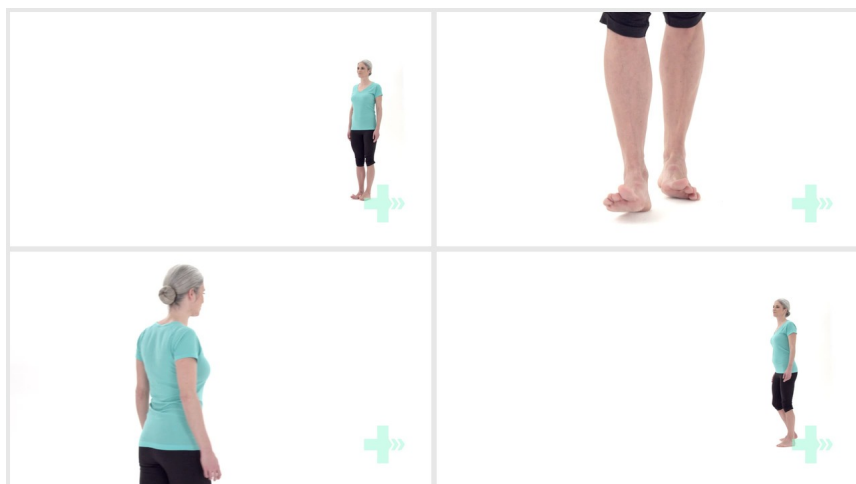
1 Set / 5 Reps / 10 s hold



Stand with your legs straight at shoulder width apart. Now lean slightly to the side and at the same time bend your opposite knee. You can make this more difficult by bending further but only within the limits of your mobility.

## 15. "Heel walking" Ankle dorsiflexion strengthening, with arm swing

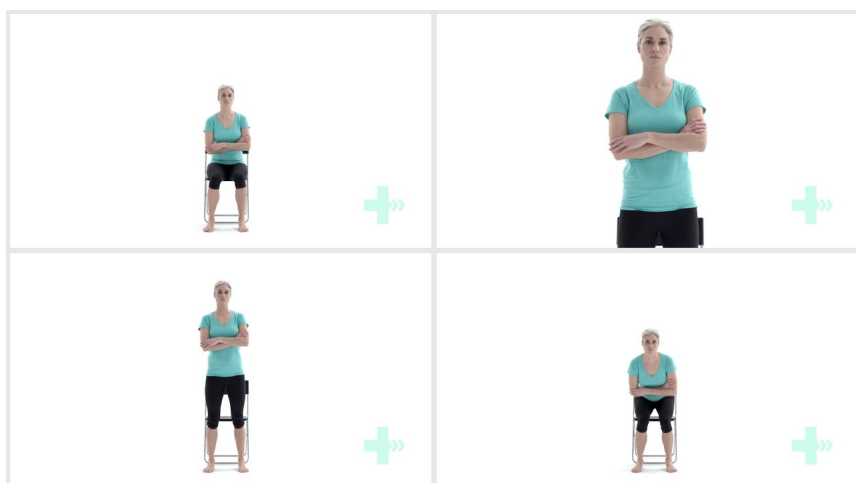
1 Set / 4 Reps



Raise your toes up so they are lifted off the floor, while keeping your heels in contact with the floor.  
Walk forward on your heels while keeping the toes lifted off the floor.  
Let your arms swing naturally.

## 16. 'ADL' Sit to stand transfer, arms crossed; 03

1 Set / 10 Reps



Sit upright on a chair, and position yourself close to the edge.  
Your legs should be hip width apart.  
Tuck your feet back, so that they are under your knees.  
Fold your arms to avoid using them to push up from the chair.  
Lean your body forward, and push through your legs to stand up straight.  
Ensure you fully straighten your hips once you are standing.



## 17. 'ADL' Sit to stand transfer, using arms

1 Set / 10 Reps / 1 min duration



Stand with the chair behind you and your arms stretched out in front of you.

Slowly sit down in the chair, lightly using your hands to assist.

Try to sit in a controlled manner by placing yourself gently on the chair using your hands as support as required.

Lean slightly forward and stand up from the chair.

Try not to favour one side and use your hands to help you as required.

Keep repeating this sequence for as long as directed.

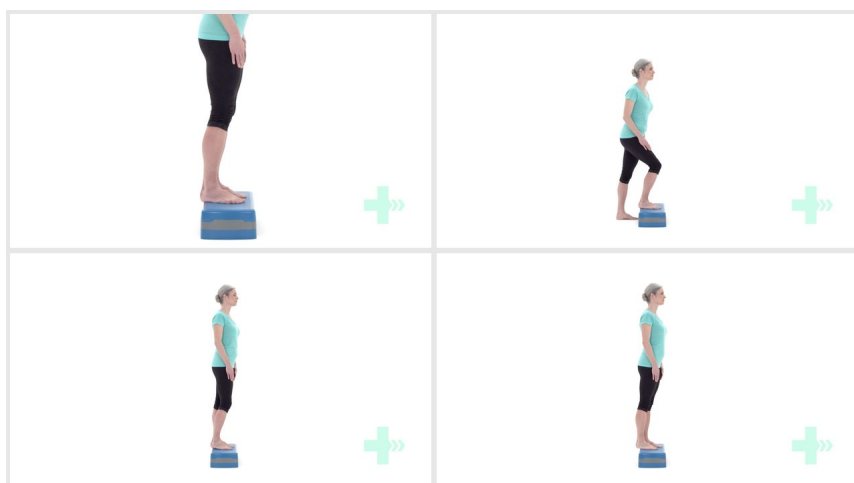
Remember as you stand up, to lean forward whilst bending at the waist so that your head is positioned over your toes.

This will make it easier for you to stand from the chair.

You should do this activity as fast as you can without feeling like you will lose your balance, and all the while using a controlled movement.

## 18. "Step downs" Hip/knee extension strengthening, backward

1 Set / 10 Reps



Stand on a stair or a step.

Now, carefully bend your affected leg so that you can take your other leg off the step and move it down to the step below.

Return back to the starting position by stretching your affected leg and bringing your other leg back up to the starting position.