Standing Home Exercise Program  
For Leg Strength

Patient Name_____________________
Date_____________
Therapist Name___________________

Standing Exercises: Do these exercises while standing next to your kitchen counter or other sturdy support. Hold on with 1 or both hands.

1. **Hip Flexion**

   Hold on to the counter. Lift knee up 10 times. Repeat with other leg.
   And/or
   Alternate legs and march in place.

   Repeat _____times, _____ sets/day

   **Advanced:** Put a weight on your ankle. Increase weight as tolerated.

2. **Hip Abduction (out to side)**

   Hold on to the counter. Lift one leg out to the side 10 times. Repeat with other leg.
   And/or
   Alternate legs.

   Repeat _____ times, _____ sets/day

   **Advanced:** Put a weight on your ankle. Increase weight as tolerated.
3. **Hip Extension (kick back)**

   Hold on to counter. Keep knee straight and kick leg back 10 times. Repeat with other leg.
   And/or
   Alternate legs.

   Repeat _____ times, _____ sets/day

   **Advanced:** Put a weight on your ankle. Increase weight as tolerated.

4. **Knee Flexion**

   Hold onto counter. Bend knee and lift foot up 10 times.
   Repeat with other leg.
   And/or
   Alternate legs.

   Repeat _____ times, _____ sets/day

   **Advanced:** Put a weight on your ankle. Increase weight as tolerated.

5. **Toe Rises**

   Hold onto the counter with one or both hands. Rise up on your toes 10 times.
   Hold onto the counter with one or both hands. Lift toes up 10 times.

   Repeat _____ times, _____ sets/day
6. **Mini-Knee Bends**

Hold on to the counter. Bend your knees slightly and then stand straight again. Do not bend so far that your knees hurt or your heels come up from the floor.

Repeat _____ times, _____ sets/day

7. **Glute Sets**

Stand up straight and look ahead. Squeeze buttocks together and hold shoulders back. Hold glutes together __ seconds.

Repeat _____times, _____ sets/day

**Walking Program**

Your goal should be to walk 30 minutes each day. You can start by walking for a few minutes 5-6 times a day and work up to 10 minutes 3 times a day; From there go to 15-20 minutes 2 times a day.

Use a walker, cane, crutches or walking sticks to help you keep your balance or relieve pain in your knees or back. If you use oxygen, a therapist can help you get the proper equipment to carry or roll the oxygen tank.

**Now – Get up and go!**