

# Standing Leg Range of Motion and Balance Exercise Program

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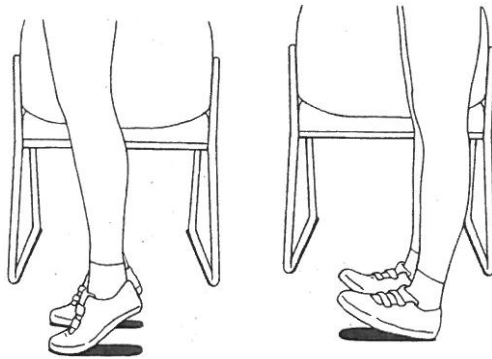
Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

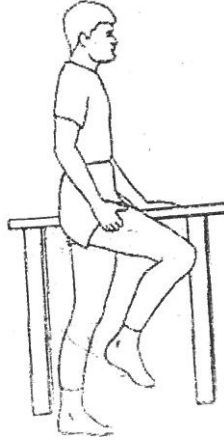
This exercise program was designed for you by your Physical Therapist.

- Do only the exercises that have been marked.
- Unless directed otherwise, do all exercises holding onto a stable surface such as a counter top or a heavy chair.
- Do the exercises slowly and smoothly.
- Never hold your breath while doing the exercises as it may increase your blood pressure.
- If you feel pain or discomfort, tell your therapist.

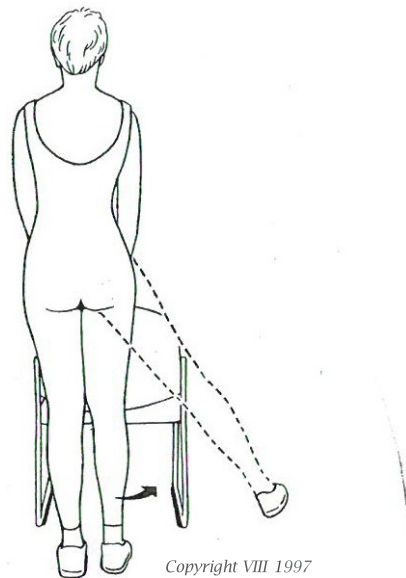
- 1) Push up on toes then rock back on heels.  
Repeat \_\_\_\_\_ times.



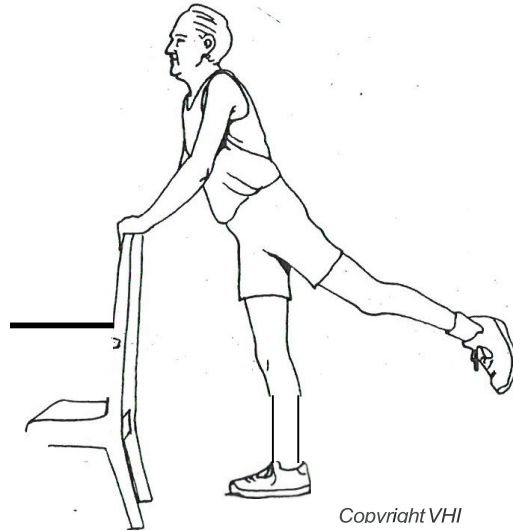
- 2) Lift each knee up and down in a marching pattern.  
Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.



- 3) With knee straight, lift leg out to the side. Repeat with other leg.  
Repeat \_\_\_\_\_ times.



- 4) With knee straight, lift leg backwards. Repeat with other leg.  
Repeat \_\_\_\_\_ times.



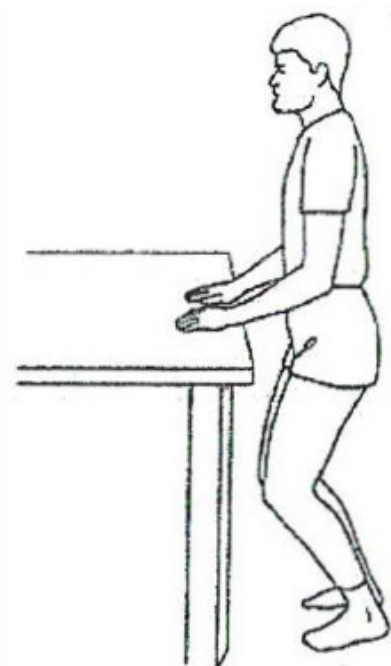
- 5) With knee straight, lift leg forward. Repeat with other leg.  
Repeat \_\_\_\_\_ times.



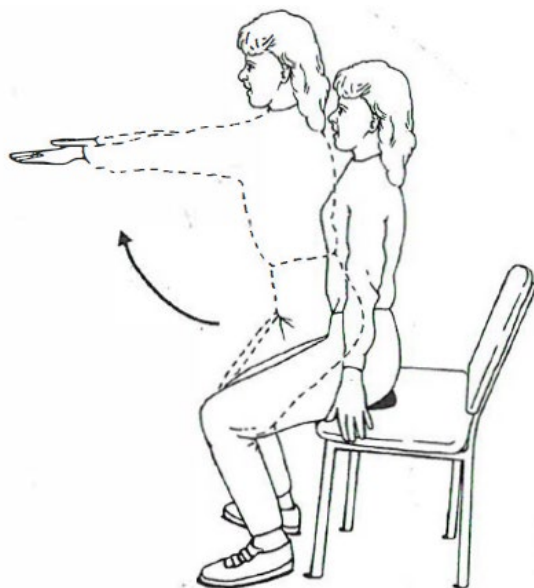
- 6) While standing with back straight, bend one knee back, bringing your foot toward your buttock. Repeat with other leg.  
Repeat \_\_\_\_\_ times.



- 7) Mini knee bends: Keep your heels flat on the floor and feet shoulder width apart. Bend your knees then straighten back up.  
Repeat \_\_\_\_\_ times.



- 8) Sit to stand exercise: Sit on edge of chair with arms resting on your lap or at your side. Stand up.  
Repeat \_\_\_\_\_ times. (If you need to use your arms, you may use them.)



- 9) Calf stretch: With right foot in front, left foot behind, lean forward, keeping left heel touching the ground. Hold \_\_\_\_\_ seconds. Repeat with other leg.



- 10) Practice standing on one leg at a time for \_\_\_\_\_seconds/minutes. Try not to hold on but keep your hands near the surface if needed.



**Walking program**

Perform a walking program as advised by your therapist. Time yourself and keep a chart

- Begin with \_\_\_\_\_ minutes.
- Repeat \_\_\_\_\_ times per day.
- Use the following chart to record your times.

- Walk inside your home
- Walk on sidewalks
- Have someone with you when walking
- Use a cane
- Use a walker

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
#1							
#2							
#3							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
#1							
#2							
#3							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
#1							
#2							
#3							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
#1							
#2							
#3							

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Reviewers: Leslie Pierce DPT  
Edited by: Karelyn Munro BA

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