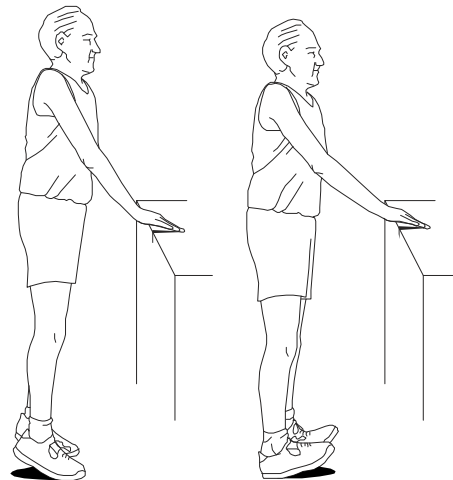


Standing leg exercises

- Please do all of these exercises 3 times a day.
- Do each exercise 20 times.
- Hold onto a solid rail or kitchen counter at home when doing these exercises.
- Look straight ahead when doing these exercises.

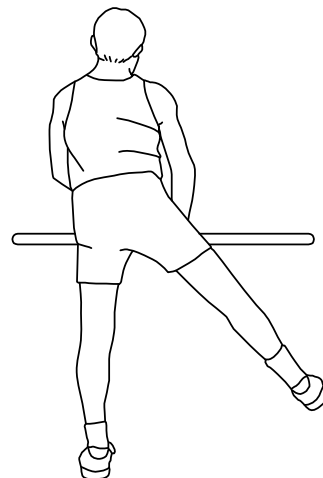
Toe ups

- Gently rise up on toes, and hold for 3 seconds. Then rock back on heels, and hold for 3 seconds.



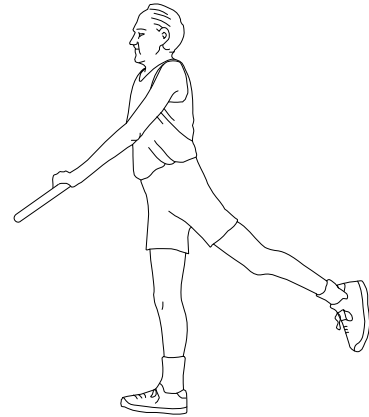
Leg – sideways lift

- Stand straight holding onto a support.
- Lift your leg sideways, hold for 3 seconds and bring it back.
- Keep your trunk straight during this exercise.



Leg – kickback

- Stand straight holding onto a support.
- Bring your leg backward, keeping knee straight, and hold for 3 seconds.
- **Do not lean forward.**



Knee bends

- Hold onto support for balance.
- Slowly bend knees, and hold for 3 seconds.
- Keep both feet on the floor.



Marching

- Hold onto support.
- Lift knee.
- March on the spot.



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

www.replacemyjoint.ca