**Therapeutic Exercises for Strength and Flexibility**

**Standing leg exercises**

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

**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.

**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.

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