

Standing Exercises (Strengthening)

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Reablement Team

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Date compiled:	

Standing exercises (strengthening)

Goal:	
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These exercises are designed to strengthen your legs, which in turn can improve your mobility, and ability to complete functional tasks. It can also help to improve your balance.

Exercise	Picture
<p><u>Mini Squats</u></p> <ol style="list-style-type: none"> Rest your hands on the back of a stable base (i.e. kitchen countertop) for stability and stand with your feet hip-width apart. Slowly bend your knees as far as is comfortable, keeping them facing forwards over toes. Keep your back straight at all times. Gently come up to standing, squeezing (clenching) your buttocks as you do so. <p>Repetitions:</p>	
<p><u>Calf Raises</u></p> <ol style="list-style-type: none"> Rest your hands on the back of a stable base for stability. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled. <p>Repetitions:</p>	



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Sideways leg lift

1. Rest your hand/s on a sturdy surface for stability.
2. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
3. Return to the starting position. Now raise your right leg to the side as far as possible then slowly lower

Repetitions:



Leg extension

1. Rest your hands on a sturdy surface for stability.
2. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.
3. Repeat with the right leg.

Hold the lift for up to 5 seconds

Repetitions:



Heel to bottom

1. Rest your hands on a sturdy surface for stability
2. Standing upright, bend your left knee backwards as far as you can. Return to floor
3. Repeat with the right leg

Repetitions:





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Knee lifts

1. Rest your hands on a sturdy surface for stability
2. Standing upright bend your left knee and raise it up in front of you. Return to starting position
3. Repeat with the right leg

Repetitions:



Precautionary Notes

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