



STANDING HEEL RAISES

While standing, HOLD ON TO SOMETHING STABLE THAT YOU CAN USE FOR BALANCE. Then, slowly raise up on your toes as you lift your heels off the ground.



TOES RAISES - STANDING - BILATERAL

In a standing position with your feet on the ground, raise up your toes and forefoot as you bend at your ankle. Lower back down and repeat.



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.



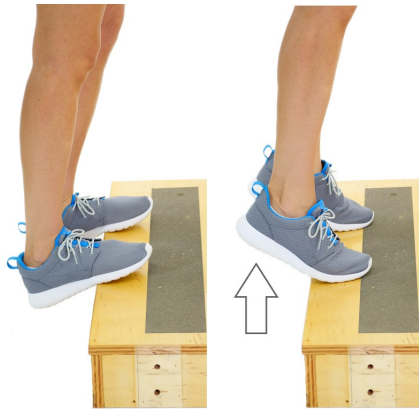
SIT TO STAND - NO SUPPORT



Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

HEEL RAISES - CALF RAISES - STEP - BILATERAL



While standing on the edge of a step with your heels off the back end, raise up on your toes as you raise your body upward as shown.