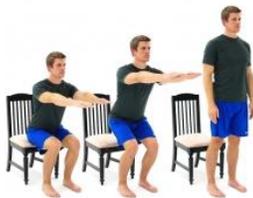


Physical therapy Exercises to try at home:

- **Wall squat:** Stand with back against wall, feet hip width apart and slightly in front of your body. Squat down (keeping back against the wall) to just about a 90 degree angle between hips and knees- like you are going to sit in a chair- and return to stand. Knees should not go past (in front of) your toes when squatting! Repeat 15x.



- **Sit to stand:** Sit in a chair with feet flat on ground and about hip width apart. Lean forward with your trunk and reach forward with your arms as you rise to a standing position without using your hands to push off from the chair. Return to a seated position (again, without using arms to assist) and repeat. Repeat 15x.



- **Heel Raise to Toe Lift:** Face the wall or back of a chair, touching lightly for balance as needed. Rise up on to tiptoes (her knees should not bend as she rises onto tiptoes!), then slowly lower down to floor and lift toes/front of foot up. Repeat 20x.



Tandem Stance Balance: Stand and balance in tandem stance (1 foot directly in front of the other). Start with a little space (2-4 inches between feet) and progress to heel of front foot touching toes on back foot. Repeat with opposite foot in front. Hold for 30 seconds.



- **Single limb balance:** Stand with hands on hips and balance on 1 foot. *Hold 30 seconds, repeat with opposite foot.*
- **Standing Bicycle Crunch:** Stand and rotate trunk to pull opposite elbow towards knee. Continue to alternate sides while standing in place. Repeat for a total of 20 times (10- times to each side).



- **Plank:** Hold plank position on extended arms. Try to hold 30 seconds!
- **Wall push-ups:** Stand facing wall, arms extended with palms flat against wall, and feet slightly behind your body. Slowly bend at the elbows to bring your chest towards the wall then push into your hands to extend the arms again. Repeat 10x's.