

Lower Body Exercises While Standing

7 exercises with step-by-step instructions

You can do these exercises to help strengthen your lower body and improve your blood flow.



Scan for a digital copy of this handout.

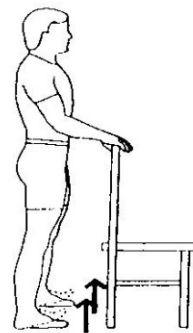
Exercise Guidelines

For each exercise: Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day.

If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.

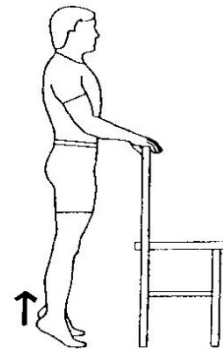
Toe Raise

- Stand with both feet flat on the floor, shoulder-width apart.
- Hold onto a chair to help you balance.
- Keep your heels on the floor and lift your toes toward the ceiling.
- Lower your toes to the floor.



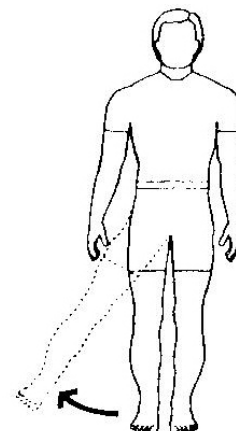
Heel Raise

- Stand with both feet flat on the floor, shoulder-width apart.
- Hold onto a chair to help you balance.
- Raise up on your toes, as far as you can go.
- Lower your feet to the floor.



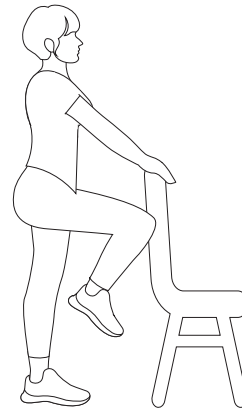
Hip Abduction

- Stand. Use a wall or a sturdy chair or table to help you balance.
- Bring 1 leg out to the side. Keep your knee straight and your toes pointing forward.
- When you are done with your reps, repeat with the other leg.



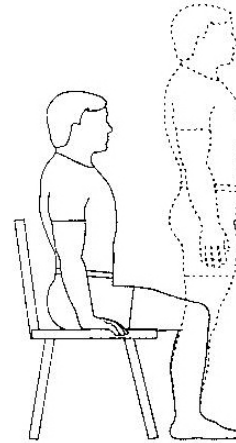
High Marches

- Stand. Hold onto a sturdy table or chair, or a wall to help you balance.
- Lift 1 leg up, bending your knee.
- Lower your leg.
- When you are done with your reps, repeat with the other leg.



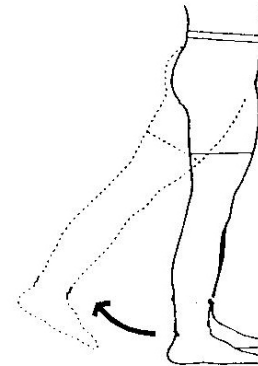
Sit to Stand

- Sit on a chair. Move your hips forward toward the front of the seat.
- Lean forward and stand up, using your hands as little as possible. Balance yourself by putting equal weight over each foot.
- Sit down slowly and gently.



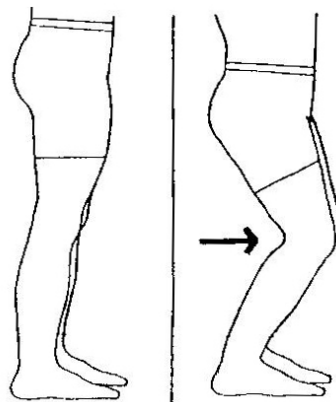
Hip Extension

- Stand. Use a wall or a sturdy table or chair to help you balance.
- Extend 1 leg back, keeping your knee straight.
- Return to the starting position.
- When you are done with your reps, repeat with the other leg.



Mini Squats

- Stand on both legs.
- Use a wall or a sturdy table or chair to help you balance.
- Bend your knees slightly.
- Return to the starting position.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your Provider:
