



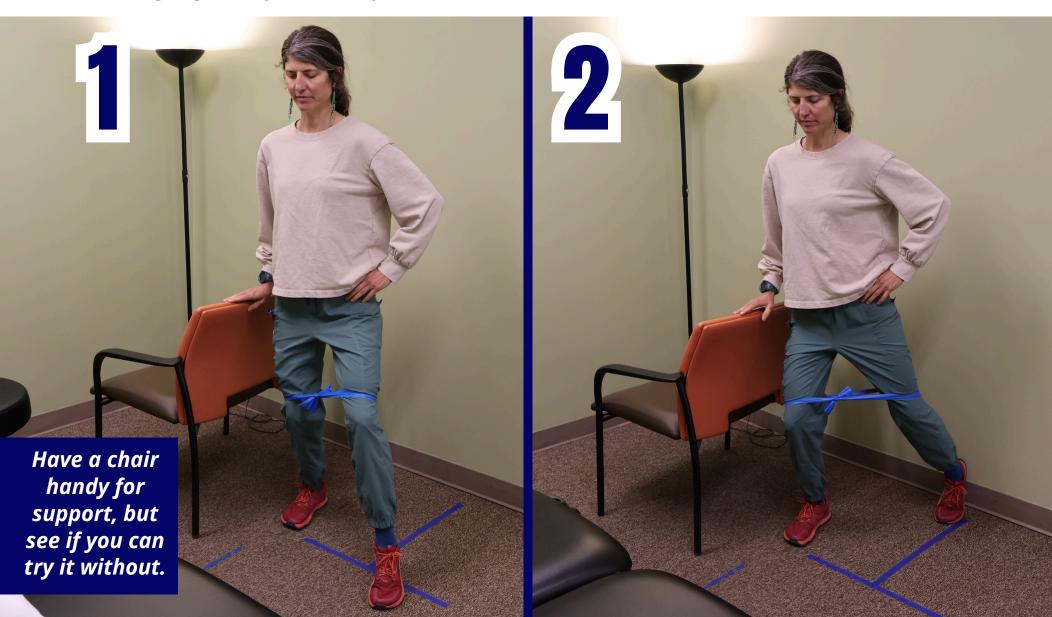
PHYSICAL. THERAPY **EXERCISES** YOU CAN DO **AT HOME**

Functional exercises for **balance** and **stability**.

3-WAY HIP STRENGTHENING

10 - 15 REPS ON EACH SIDE

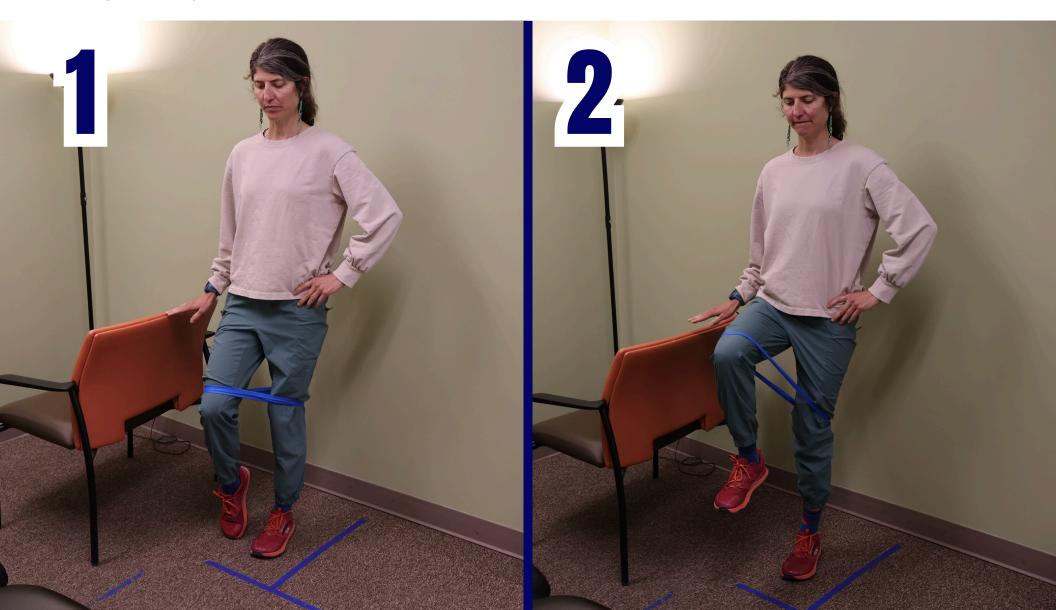
Tie a band around your thighs. Shift your weight into the leg next to the chair, and tap your other foot to the front, side, and back while keeping your standing leg bent. Don't let the standing leg collapse in. Repeat on the other side.



HIP FLEXION

10 - 15 REPS ON EACH SIDE

With the band around your thighs, flex your hip up as high as you can while flexing your foot at the same time. Use support at first but see if you can do this without holding on. Repeat on the other side.



Keeping your chest up, bend at the hips and knees to shift your weight slightly back onto your heels as you squat. When you stand, try to shoot up onto your toes, raising your heels off the ground.

Have a chair handy for support, but try to find your balance in this weight shift from heel to toe, squatting to standing.



TANDEM STANCE

Stand with one foot directly behind the other, using support until you can find your balance. See if you can hold this for 30 seconds. If you can, try turning your head side to side and maintaining this position for 30 seconds.

