

**Mini Squats**

Stand facing a counter, with feet shoulder width apart. Use your hands for balance if you need to. Perform a mini squat by pushing your butt back as if you were to be seated in a chair, then back up to straight.

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

**STANDING MARCHING - HIP FLEXION**

While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement.

Video # VVVY77EPC

Repeat 15 Times
Complete 2 Sets
Perform 1 Times a Day

**HEEL AND TOE RAISES - STANDING**

While standing, raise up on your toes as you lift your heels off the ground, lower back down and then raise up your toes and forefoot. Lower back down and repeat.

Repeat 15 Times
Complete 2 Sets
Perform 1 Times a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another.

Video # VVMP2C2RC

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day



SIT TO STAND

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 up if you do not need too. Return slowly to the seated position.

Video # VVUS3WVRC

Repeat 10 Times
Complete 2 Sets
Perform 1 Times a Day



Long arch quads

Seated on chair or bed, with upright posture. Squeeze through thigh and extend knee straightening leg. Hold for 3 second and then slowly lower leg back to starting position.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Times a Day



Standing Hip Abduction

1. Holding onto a sturdy object and stand up as tall as possible
2. Keeping your knee straight, kick one leg out to the side
3. Keep your toes pointed straight forward.

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day