

Building strength and balance one leg at a time...



LATERAL LEG LIFTS

To strengthen the side muscles of your hips and thighs:

- With feet slightly apart and knees slightly bent, stand straight and hold onto a table or back of a chair for support.
- Slowly lift one leg 6 – 12 inches out to the side while keeping your head up, eyes looking forward, back straight and toes pointed ahead.
- Lower leg and repeat with other leg.
- Alternate legs until you complete 8-10 repetitions with each leg.

KNEE LIFTS

To strengthen thigh and hip muscles:

- With feet slightly apart and knees slightly bent, stand straight and hold onto a table or back of a chair for support.
- Slowly lift one knee toward chest without bending at waist or hips.
- Hold this position for 1 second then return leg to floor.
- Pause briefly then repeat with other leg.
- Alternate legs until you complete 8-10 repetitions with each leg.

For best results, these exercises should be done 2 to 3 times per week. Stop any exercise and consult with your study clinician if you experience pain.