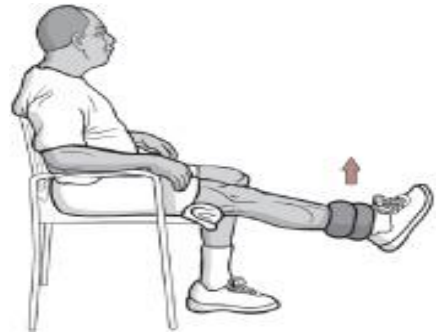


Level II Exercises

- To improve your balance and prevent falls, you should do these exercises **3 times a week** with a day of rest in between.
 - Remember **do not hold your breath** when doing the exercises.
 - You may feel stiff or a little sore after you first start exercising, but this is normal. The stiffness and soreness will go away when your body gets used to exercising again.
-

Seated Front Knee Strengthening Exercise

- Sit in a chair with your back well supported
- If you have them, strap 3 pound ankle weights to your ankles
- Slowly straighten out your knee
- Lower your leg
- Repeat 12 times with each leg



Sit to Stand

- Sit in a chair that is not too low
- Position your feet behind your knees
- Lean forward over your knees
- Push off with one hand on the armrests or on the seat to stand up
- Repeat 5 times, rest for a little bit, then repeat 5 times again



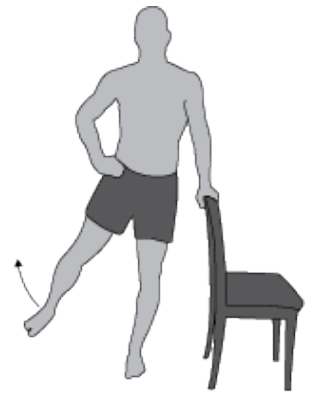
Standing Back Knee Strengthening Exercise

- Stand up tall and hold on to the back of a sturdy chair or counter for support
- If you have them, strap 3 pound ankle weights to your ankles
- Bend one knee to bring your foot towards your bottom
- Return to starting position
- Repeat 12 times with each leg



Standing Side Hip Strengthening Exercise

- Stand up tall beside a sturdy chair or counter and hold on with one hand
- If you have them, strap 3 pound ankle weights to your ankles
- Keep toes pointed forward and keep back straight
- Lift one leg out to the side, slowly lower leg back to the ground
- Repeat 12 times with one leg
- Slowly turn around and hold onto support with other hand
- Repeat exercise 12 times with other leg



Standing Heel Raises

- Stand up tall and hold on to the back of a sturdy chair or counter
- Place your feet shoulder-width apart
- Come up on your toes, lifting your heels off the ground
- Lower the heels back to the ground
- Repeat 12 times



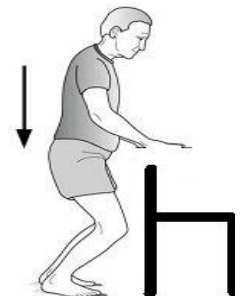
Standing Toe Raises

- Stand up tall and hold on to the back of a sturdy chair or counter
- Place your feet shoulder-width apart
- Lean back on your heels, lift your toes and front of feet off the floor
- Lower the feet back to the ground
- Remember to keep your back straight
- Repeat 12 times



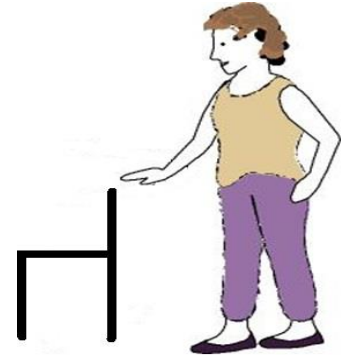
Knee Bends

- Stand up tall beside a sturdy chair or counter, but try not to hold on
- Place your feet shoulder-width apart
- Bend your knees and squat down about half way
- Remember to keep your back straight
- Repeat 12 times



Heel-Toe Stand

- Stand up tall beside a sturdy chair or counter, but try not to hold on
- Look straight and place one foot directly in front of the other foot
- Hold this position for 10 seconds
- Change position, place the foot behind directly in front of the other foot
- Hold this position for 10 seconds



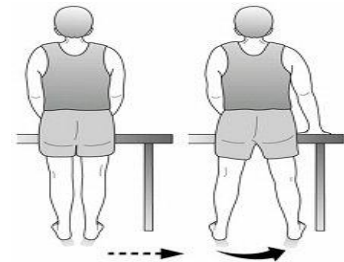
Single Leg Stance

- Stand up tall beside a sturdy chair or counter and hold on for support
- Stand on one leg for as long as possible, try to let go of support
- Stand on the other leg for as long as possible, try to let go of support
- Try working towards a goal of standing on one leg for at least 10 seconds



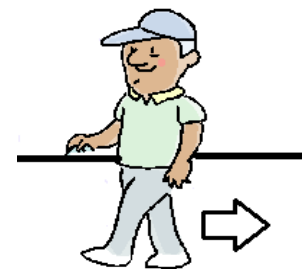
Sideways Walking

- Stand facing a counter and hold on if needed
- Take 10 side steps to the right
- Take 10 side steps to the left



Backwards Walking

- Stand beside a counter and hold on if needed
- Take 10 steps backwards
- Slowly turn around
- Take 10 steps backwards in the other direction



*You may move on to Level III Exercises when you are able to easily complete all exercises 2 times through without getting sore.