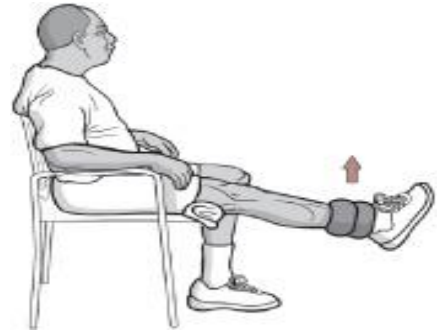


## Level III Exercises

- 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.
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### Seated Front Knee Strengthening Exercise

- Sit in a chair with your back well supported
- If you have them, strap 5 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
- Cross your arms over your chest
- Position your feet behind your knees
- Lean forward over your knees
- Stand up without using your hands
- Repeat 5 times, rest for a little bit, then repeat 5 times again



### Standing Back Knee Strengthening Exercise

- Stand up tall and hold on lightly to the back of a sturdy chair or counter for support
- If you have them, strap 5 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

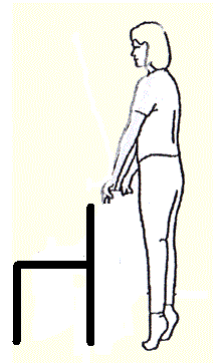
- Stand up tall beside a sturdy chair or counter and hold on lightly with one hand for support
- If you have them, strap 5 pound ankle weights to your ankles
- Keep toes pointed forward and keep back straight
- Lift one leg out to the side, slowly lower leg back to the ground
- Repeat 12 times with one leg
- Slowly turn around and hold on to support with other hand
- Repeat 12 times with other leg



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## Standing Heel Raises

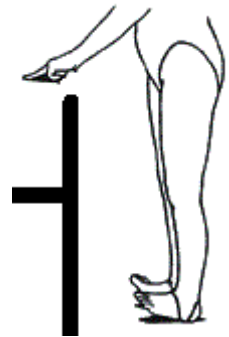
- Stand up tall beside a sturdy chair or counter, but try not to hold on
- Place your feet shoulder-width apart
- Come up on your toes, lifting your heels off the ground
- Lower your heels back to the ground
- Repeat 12 times



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## Standing Toe Raises

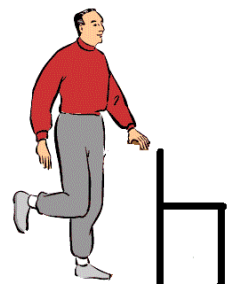
- Stand up tall beside a sturdy chair or counter, but try not to hold on
- Place your feet shoulder-width apart
- Lean back on your heels, lift your toes and front of feet off the floor
- Lower the feet back to the ground
- Remember to keep your back straight
- Repeat 12 times



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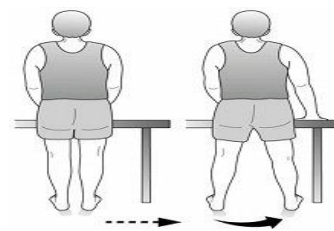
## Single Leg Stance

- Stand up tall beside a sturdy chair or counter, but try not to hold on
- Stand on one leg for as long as possible
- Stand on the other leg for as long as possible
- Try working towards the goal of standing on one leg for at least 20 seconds



## Sideways Walking

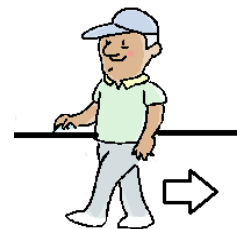
- Stand facing a counter and hold on if needed
- Take 10 side steps to the right then take 10 side steps to the left



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## Backwards Walking

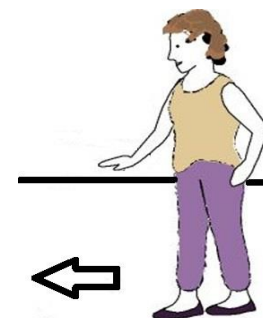
- Stand beside a counter and hold on if needed
- Take 10 steps backwards
- Slowly turn around, take 10 steps backwards in the other direction



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## Heel-Toe Walking

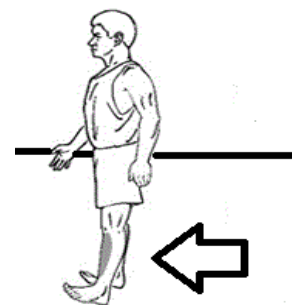
- Stand beside a counter and hold on if needed
- Place one foot directly in front of the other
- Bring the back foot directly in front, as if walking on a line
- Repeat for 10 steps
- Slowly turn around, repeat heel-toe walking for 10 more steps



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## Heel Walking

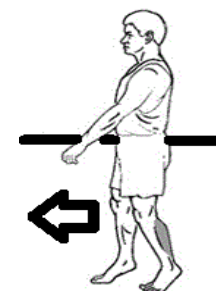
- Stand beside a counter and hold on if needed
- Lean up onto your heels, lift your toes and front feet off the floor
- Walk 10 steps on your heels
- Lower your toes and front feet to the ground
- Slowly turn around, repeat heel walking for 10 more steps



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## Toe Walking

- Stand beside a counter and hold on if needed
- Come up onto your toes, walk 10 steps on your toes
- Lower your heels to the ground
- Slowly turn around, repeat toe walking for 10 more steps



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\*When you are able to easily complete all exercises 2 times through without getting sore, you may add 1 pound of weight or increase the number of times you do each exercise.