

**GERIATRIC - HEEL RAISES - STANDING**

While standing next to a chair or countertop for support, press down with your toes as you raise up your heels and your body. Lower back down and repeat.

Video # XVLZUNV83

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week

**GERIATRIC - STANDING HAMSTRING CURLS**

While standing next to a chair or countertop for support, bend your knee so that your heel moves towards your buttock. Lower back down and then repeat on with your other leg.

Video # XVPBRAZ97

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week

**GERIATRIC - HIP ABDUCTION - STANDING**

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.

Use your arms for balance support if needed for balance and safety.

Video # XVD4BQKPG

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - HIP EXTENSION - STANDING

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # XV8TGGQTM

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - TANDEM STANCE WITH SUPPORT

Stand next to a chair, table or counter top and hold on to it for support and safety. Place the heel of one of your feet so that it is touching the toes of your other foot. Maintain your balance in this position.

Video # XVS3C2V4M

Hold 10 Seconds
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance. Have a chair or other more sturdy object like a counter top or sink if needed for support with your balance and safety.

Video # XVF2DJHJT

Hold 10 Seconds
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - 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. Lower back down and then perform on your other side. Repeat this alternating movement.

Video # XV55FYPA5

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - SIT TO STAND

Sit near the front edge of a chair.

Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to standing, lower your arms by your side. Stand tall.

Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat.

NOTE: If you are unable to stand, try pushing on your thighs with your arms or use a chair that has arm rests to press down on or hold a bathroom or kitchen sink to assist in pulling yourself up.

Video # XV2E242NP

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week