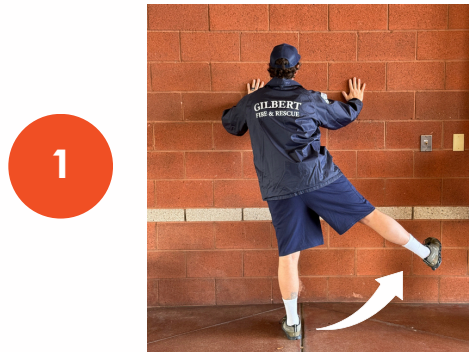


Ankle Circles



- While sitting, perform slow and controlled ankle circles in the clockwise direction.
- Repeat the move on the same feet in the counterclockwise direction.
- Perform the move five times in each direction.

Weight Shifting



- Standing with your feet at hip-width, shift your weight to one side, lifting your opposite foot off of the floor.
- Hold the position as long as you can (about 30 seconds), then shift to the other side and repeat three times (or as many times as you are comfortable).
- If you are unsteady when you first start, use a wall, countertop, or sturdy chair to help you keep your balance, or ask a family member or friend to help.



Fall Prevention Exercises



General Fire Line
(480) 503-6300

One-Legged Balancing



- Start with your feet at hip-width and your hands on your hips.
- Lift one leg, bending at the knee. Hold this position for up to 30 seconds.
- Alternate with the other leg and repeat five times (or as many times as you are comfortable).
- If you are unsteady when you first start, use a wall, countertop, or sturdy chair to help you keep your balance, or ask a family member or friend to help.

Sit to Stands



- Stand tall with your back facing a sturdy chair and your feet hip-width apart.
- Sit back and slowly lower your hips onto the chair as gently as possible.
- Without swinging your torso, push through your heels to stand up.
- Perform 10 times.
- If you need to, hold onto the wall or a sturdy piece of furniture for balance. As you get stronger, perform the move without holding onto anything.

Leg Raises



- Sit in a sturdy chair with only your toes and the balls of your feet on the floor.
- Slowly extend one leg in front of you as straight as possible, but don't lock your knee.
- Flex your foot and point your toes toward the ceiling.
- Hold for 1 second then slowly lower your leg.
- Repeat 10-15 times, then switch to the other leg.