TO STRENGTHEN THE HIPS AND THIGH MUSCLES
• Feet hip-width apart, sit on edge of chair to prepare to stand.
• Feet in line with knees, hinge forward at hips, keep back straight and stand up.
• Begin to sit by hinging at hips, keep back straight reaching hips to chair.
• Lightly touch hips to chair and stand again. Repeat 8 times.

TO INCREASE ANKLE MOBILITY AND CALF STRENGTH
• Stand behind chair for support. Feet hip width apart, lift heels standing on balls of feet.
• Slowly lower heels to floor. Lift toes standing on heels.
• Lower toes to the floor and relax. Repeat 8 times.

TO INCREASE HIP STRENGTH AND BALANCE
• Stand with chair on right side for support.
• Standing tall, lift right leg with thigh parallel to the ground.
• Hold for 2 counts. Slowly lower leg and foot to floor. Repeat 8 times.
• Repeat with standing on left leg and raise right leg. Hold for 2 counts.

TO INCREASE HIP STRENGTH AND PROMOTE BALANCE
• Stand up straight with a chair for support. Shift body weight onto left leg and foot.
• Lift right leg off floor with knee straight and toes pointed forward. Hold for 2 counts.
• Slowly lower leg, lightly touch toes to floor and lift again. Repeat 8 times.
• Repeat with standing on left leg and raise right leg. Hold for 2 counts.