

For a copy of this exercise sheet go to wadeandersonpt.com



Straighten Leg
hold 5 to 10 count
repeat 10 times



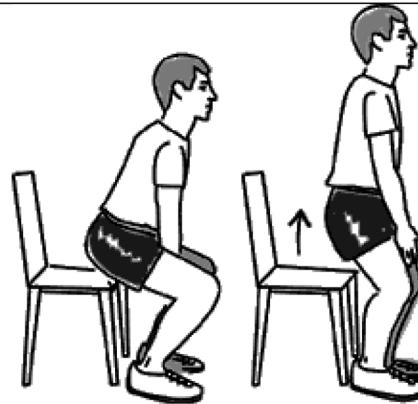
Marching
1 minute or as tolerated



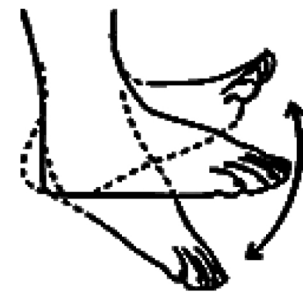
keep heels together



Ball or Pillow Squeeze
hold 10 count, 10 times



Sit to Stand exercises
to increase difficulty
* try with arms stretched out
* try holding small weight with arms out



Ankle Pumps
1 minute or as tolerated