

Home Exercise Program

UMACO Fall Prevention Program



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.



STANDING TOES RAISES

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.



STANDING MARCHING

While standing, lift your knee up as if you are marching, alternate to your other side.

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



STANDING HIP ABDUCTION

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

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



SIT TO STAND - NO HANDS

Start by sitting in a chair. Next, raise up to standing without using your hands for