

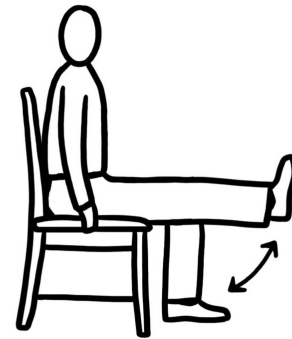
Daily Fall Prevention Exercises - Chair Exercises



- These exercises will help you to improve your balance and get stronger.
- **Go online to homestrong.net for videos of each exercise and other tips.**

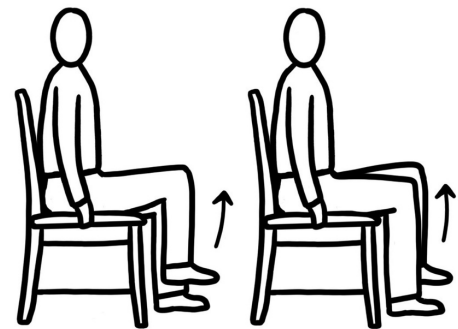
A Front Knee (do this 5 to 10 times per leg)

1. Sitting up straight, extend one leg as straight as you can.
2. Hold for a count of 3.
3. Slowly lower the leg down.
4. Repeat with your other leg.



B Thigh Lift (do this 5 to 10 times per leg)

1. Lift thigh off the chair.
2. Hold for a count of 3.
3. Slowly lower.
4. Repeat with your other leg.



C Toe Pointing (do this 5 to 10 times per leg)

1. Point your toes up toward your head, as far as you can.
2. Hold for a count of 3
3. Point toes down, as far as you can.
4. Hold for a count of 3.
5. Repeat with your other leg.

