SAMPLE HOME EXERCISES
FOR
STRENGTHENING AND BALANCE

Perform the following holding onto a countertop for safety.

1. Partial Squats
   a. Bend your knees as if going to sit down into a chair but don’t go
down quite that low.
   b. Hold 5 seconds then return to upright position.
   c. Do 10 times.

2. Heel Raises
   a. Keep your knees nice and straight. Go up tall on your toes...trying not
to bend at the knees.
   b. Hold 5 seconds then lower heels to the ground.
   c. Do 10 times.

3. Toe Raises
   a. Keep your knees nice and straight. Bring your toes up...trying not to
bend too much at your hips.
   b. Hold 5 seconds then lower toes to the ground
   c. Do 10 times.

   Note: if you cannot perform 2 and/or 3 in
standing, then recommend “toe tapping” in sitting for 30 seconds.
4. Standing with one foot partially in front of the other.
   a. Recommend keeping your hands on/near the counter.
   b. Hold for 15 seconds. Do 4 times then switch feet.
      i. Note: a more difficult version is to stand with one foot all the way in front of the other.

5. Standing on one leg.
   a. Recommend holding on for this exercise.
   b. Hold for 15 seconds. Do 4 times then switch feet.
      i. Note: a progression would be to try and lift your hands but this exercise is very difficult with neuropathy.

ii.

6. Standing with feet apart then close your eyes.
   a. Hold for 15 seconds. Do 5 times.

Note: a progression is feet closer together.