

SAMPLE HOME EXERCISES  
FOR  
STRENGTHENING AND BALANCE

Perform the following holding onto a countertop for safety.

1. Partial Squats

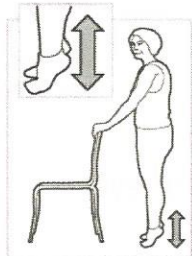
- a. Bend your knees as if going to sit down into a chair but don't go down quite that low.
- b. Hold 5 seconds then return to upright position.



- c. Do 10 times.

2. Heel Raises

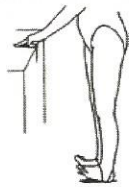
- a. Keep your knees nice and straight. Go up tall on your toes...trying not to bend at the knees.
- b. Hold 5 seconds then lower heels to the ground.



- 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

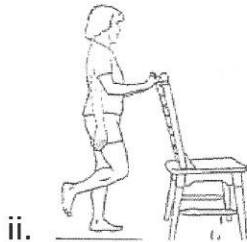


- c. Do 10 times. Note: if you cannot perform 2 and/or 3 in standing, then recommend "toe tapping" in sitting for 30 seconds.

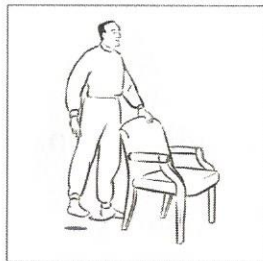
4. Standing with one foot partially in front of the other.
  - a. Recommend keeping your hands on/near the counter.
  - b. Hold for 15 seconds. Do 4 times then switch feet.
    - i. Note: a more difficult version is to stand with one foot all the way in front of the other.



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.



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



Note: a progression is feet closer together.