



**University  
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# Standing exercises

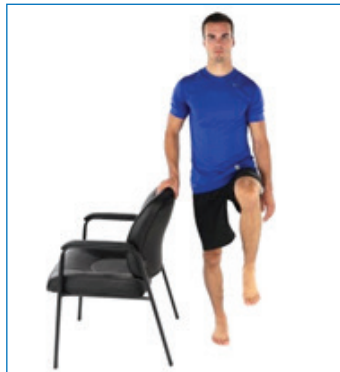
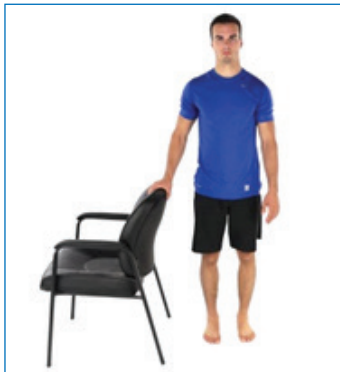
Physiotherapy department

Patient information

# Standing exercises

## 1. Marching on the spot

Standing, hold on to a stable surface. Lift one knee up as high as comfortable. Slowly down to the floor and repeat with your other leg. Continue to march slowly.



**Repetitions:**

**Frequency:**

## 2. Hip extension

Standing, hold on to a stable surface. Lift one leg behind you keeping it straight. Try not to lean forwards. Look straight ahead. Bring it back to the floor then repeat with other leg.

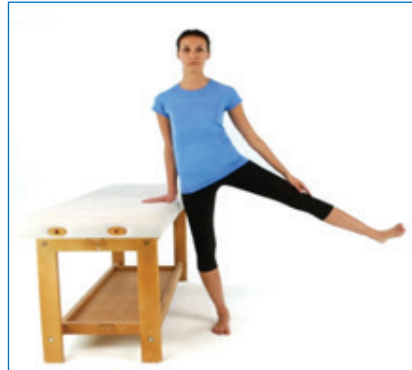
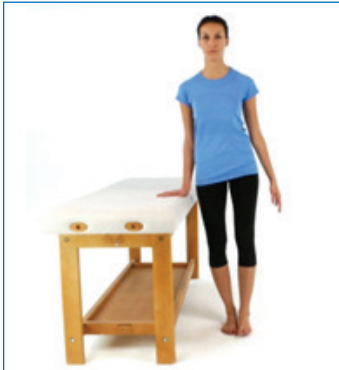


**Repetitions:**

**Frequency:**

### 3. Hip abduction

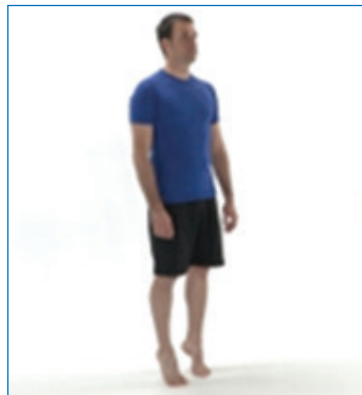
Standing, hold on to a stable surface. Lift your leg out sideways away from your body and try and keep your back straight. Return to the ground and repeat. Complete on both legs as able.



**Repetitions:**      **Frequency:**

### 4. Heel raises

Standing, hold on to a stable surface. Lift your heels up so you are standing on your toes. Slowly lower down so that your feet are flat on the floor. Then repeat.



**Repetitions:**      **Frequency:**

## 5. Mini squat

Standing, hold onto a stable surface. Slowly bend both knees into a small squat position, sticking your bottom out and keeping your knees in line with your toes. Then return to standing and repeat.



**Repetitions:**      **Frequency:**

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This leaflet is intended for patients receiving care in Worthing

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