

# PHYSICAL THERAPY

## Home Exercise Program

### Level 1

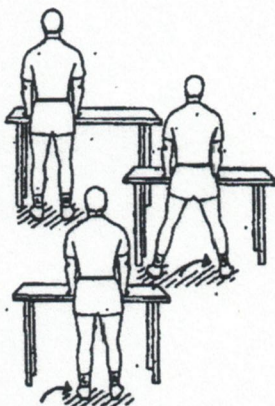
Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

To prevent a fall when doing your exercises, stand by or lightly hold on to a railing or kitchen counter. Do your exercises once per day.

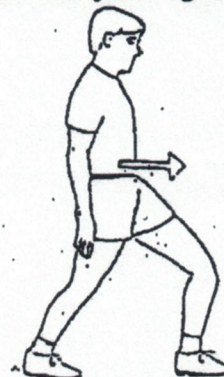
#### 1. Walk sideways

Walk sideways to the right then to the left, the length of your kitchen counter. Repeat \_\_\_\_ times.



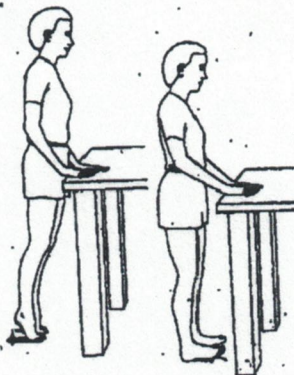
#### 2. Lunge

Take a step forward with your left leg. Shift your weight onto your left leg, keeping your right knee straight and left knee slightly bent. Repeat \_\_\_\_ times. Repeat with your right leg.



#### 3. Raise up on toes and heels

Raise up on toes. Hold \_\_\_\_ counts. Rock back on heels and hold \_\_\_\_ counts. Repeat \_\_\_\_ times.



#### 4. March in place

March in place \_\_\_\_ times. Aim for even pace and for equal step height.



Therapist Name: \_\_\_\_\_

Phone: \_\_\_\_\_



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**PHYSICAL THERAPY**  
**Home Exercise Program**  
**Level 2**

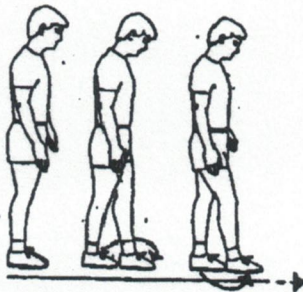
Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

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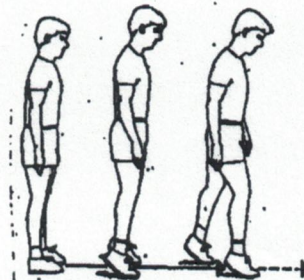
**1. Tandem walk**

Walk forward in a straight line, heel touching opposite toes. Repeat backwards.



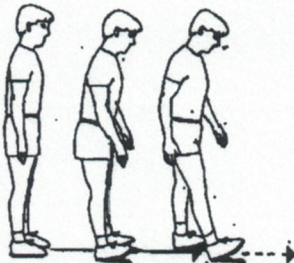
**2. Walk on toes**

Walk forward on toes. Repeat backwards.



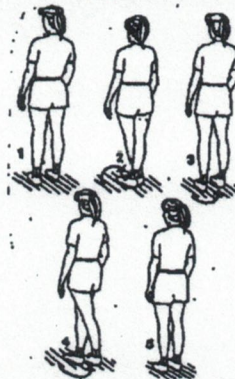
**3. Walk on heels**

Walk forward on heels. Repeat backwards.



**4. Braiding**

Braiding on a line. Cross left foot over right foot. Step right foot out to side. Cross left foot behind right. Step right foot out to side. Repeat to opposite side.



Therapist Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# PHYSICAL THERAPY

## Home Exercise Program

### Level 3

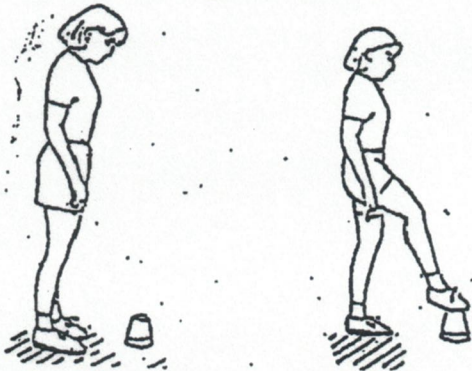
Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

To prevent a fall when doing your exercises, stand by or lightly hold on to a railing or kitchen counter. Do your exercises once per day.

#### 1. Touch and step

Place right foot on to a styrofoam cup, return to starting position. Repeat with your left foot.



#### 2. Stand on one leg

Stand on one leg – right and left; try this with eyes closed as well. Aim for 30 seconds on each leg.



#### 3. Rhythmic stepping

Stand, facing steps. Hold on to railing if necessary. Progress to no rail.

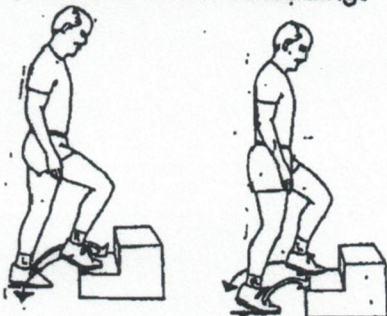
1. Right foot on step, left foot on step.

2. Move right foot on floor, left foot on floor.

Repeat \_\_\_\_\_ times.

Progress to increasing speed.

Repeat with left foot leading.



#### 4. Up on toes

Stand on right foot, left foot off floor. Raise up on toes. Repeat on left leg.

Repeat \_\_\_\_\_ times.



Therapist Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# PHYSICAL THERAPY

## Home Exercise Program

### Level 4

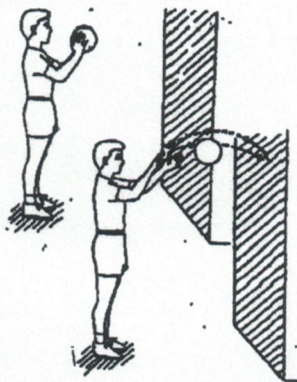
Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

To prevent a fall when doing your exercises, stand by or lightly hold on to a railing or kitchen counter. Do your exercises once per day.

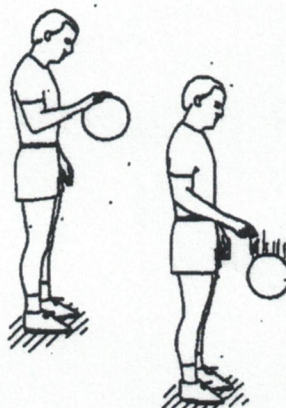
#### 1. Throw Ball

Throw ball against wall and catch ball. Progress to increasing distance from wall, and to standing on one leg.



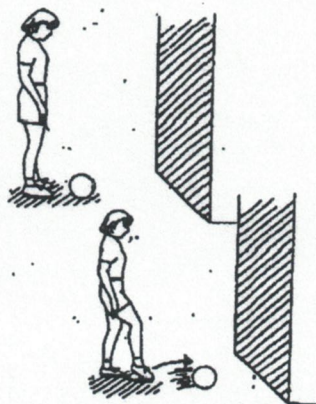
#### 2. Bounce a ball

While standing, bounce ball. Repeat \_\_\_\_ times. Progress to walking and then running while dribbling.



#### 3. Kick a ball

Standing. Kick ball to wall or to a person. Repeat \_\_\_\_ times.



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Phone: \_\_\_\_\_

