

# Standing Leg Strengthening

**Safety notice:** When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

## 1. Knee mini squats



This exercise warms up and strengthens the thigh muscles and buttocks. Stand upright with your feet slightly apart and your toes angled outwards slightly. Place your hands on your hips. Slowly bend the knees keeping your weight even on each leg. Pause momentarily at the bottom of the range which should be around where the front of the knee is level with the toes. Slowly return to the starting position. Repeat 20 times.

## 2. Hip Hitching



This exercise improves hip abductor strength. Stand on the left leg lifting the right foot slightly off the ground. Maintain a stable left leg while slowly hitching your right hip up and down as far as comfortable. Repeat 10 times on one side before swapping and repeating on the other side.

## 3. Heel and toe raises



This exercise strengthens the calf muscles and ankle dorsiflexors, as well as promoting circulation to the lower leg. Maintain balance while you rock your weight forward onto your toes, back to your heels, back to your toes ... 10 times each way.