

# KNEE LIFT



1. Sit at front of a stable chair (no wheels) or edge of bed, feet shoulder width apart & flat on floor.
2. Place hands on chair/bed for balance.
3. Lift 1 leg 3-5 inches off floor, or as far as comfortable. Keep knee bent.
4. Hold & count to 3.
5. Lower foot slowly back to floor.
6. Repeat with other leg.
7. Work up to 3 sets of 5 on each leg. Take a break between sets.

## GOOD FOR

Getting in/out of bed  
Getting in/out of chair  
Putting on shoes & socks

## REPEAT

2-3 times daily

## TIPS

- Keep back straight & lean forward slightly
- Can add pillow behind back for support
- Feet right below knees
- Keep stomach tight & remember to breathe!

## READY FOR MORE?

(1 modification at a time)

- Increase repetitions
- Increase time with knee lifted before lowering
- Raise arms out at chest level
- If stable, close eyes for balance challenge