

# SEATED TOE & HEEL RAISE



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. Raise toes off the floor while heels stay down. Pause. Slowly lower toes.
4. Raise heels off the floor while toes stay down. Pause. Slowly lower heels.
5. Work up to 3 sets of 5. Take a break between sets.

## GOOD FOR

Stepping over obstacles  
Balance  
Walking

## REPEAT

2-3 times daily

## TIPS

- Keep back straight, don't lean or rock
- Can add pillow behind back for support
- Feet right below knees
- Keep stomach tight & remember to breathe!

## READY FOR MORE?

Increase repetitions

Add weight (like a book) on knees