

Supplemental Exercise for Those with Difficulty Lifting the Knee

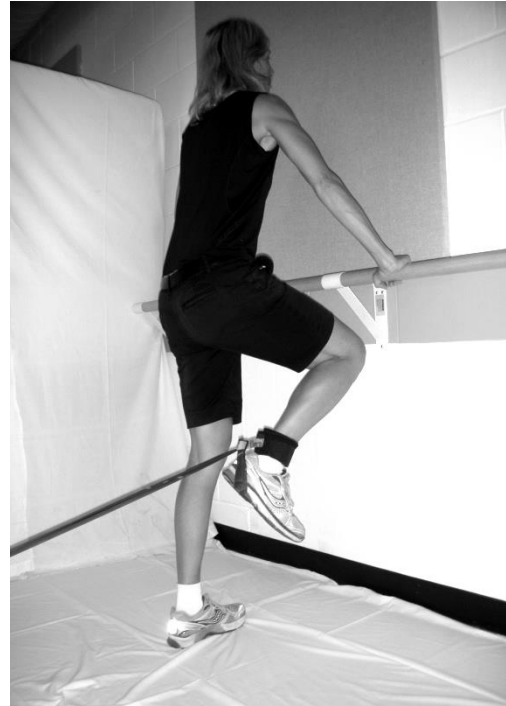
S1) Forward Knee Raise

Benefit: This exercise helps with walking and climbing stairs.

Start and End Position



Middle Position



Attach a resistance band to a fixed object. Attach the other end to the ankle of the affected leg.

Using a counter or a bar for support, start with the affected leg behind the non-affected leg.

Lift your back leg while bending your knee. Move it forward and as high as possible. Return the leg slowly to the start position.

Repeat up to 10 times using _____ resistance band; stop when you feel you could do 2 to 3 more repetitions and no more. As you get stronger, gradually increase to 15 reps.

Tip: If you can't lift your knee all the way, have someone help you the first 3 times.

Progression: Lift your knee (power up) as fast as possible, and then slowly return your knee to the start position.

If unable to perform the Forward Knee Raise (S1) Consider S1B (Marching)

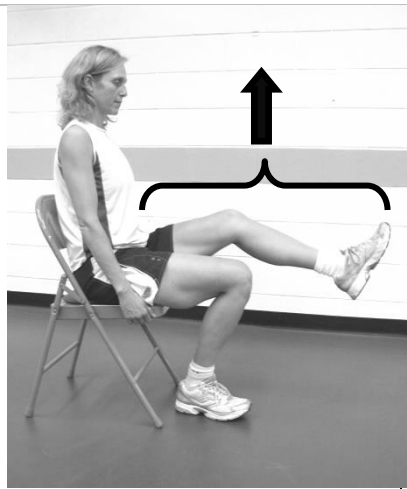
S1B) Marching

Benefit: Makes muscles that you use when walking and climbing stairs stronger.



Regular

Sit in a chair. Bring your knees up as high as you can one at a time. Use a marching motion.



Harder: With Knee Slightly Straighter

Sit in a chair with hands on the sides of the chair. Straighten your leg almost completely. Raise your leg as high as it can go without hurting. Then lower. Do the same with the other leg. Switch using the right and then left legs.



Even Harder: Standing With Fingertip Support

Put one hand on a table for support. Slowly bring one knee up; lower it and raise the other knee. Switch legs.

Repeat up to 10 times; stop when you feel you could do 2 to 3 more repetitions and no more.

As you get stronger, gradually increase to 15 reps then try the next difficult level and reduce repetitions to 10.

Supplemental Exercise for those with Difficulty Raising the Toe

S2) Toe Raise

Start Position



End Position



1) Loop resistance band around the stroke-affected toe. Stand on the longer end with opposite foot.

2) Hold the loose ends in your stronger hand. Adjust the band so you have the right amount of tension.

3) Lift your toe up as high as possible and slowly lower the toe back to start position.

Repeat 10 times with _____ resistance band on stroke-affected foot only.

Tip: If your foot curls in while lifting, have someone guide it as you repeat 3 times.

Progression: To make this exercise harder, begin with your feet as far away as possible. Lift the toe up as fast as possible (power up) and slowly return to the start position. See page 2, step 1 and 2.

If you were not able to do the Toe Raise (S2) then try one of the following:

S2) Toe Raise Options

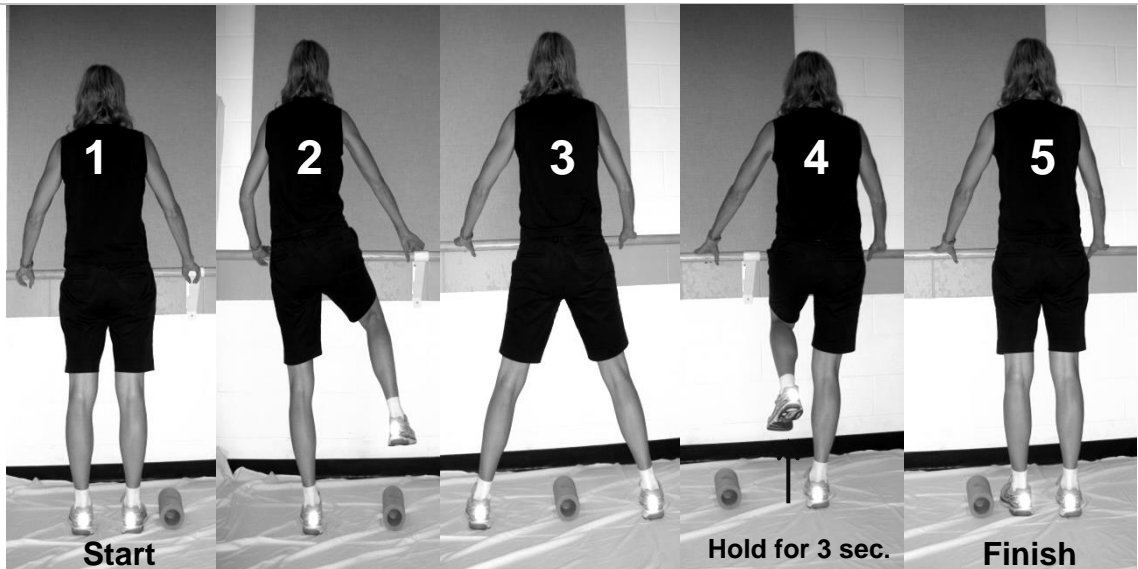
S2B Side-to-Side Stepping or

S2C Forward & Backward Stepping or

S2D One Leg Stand

S2B) Side to Side Stepping

Benefit: Improves balance and movement.



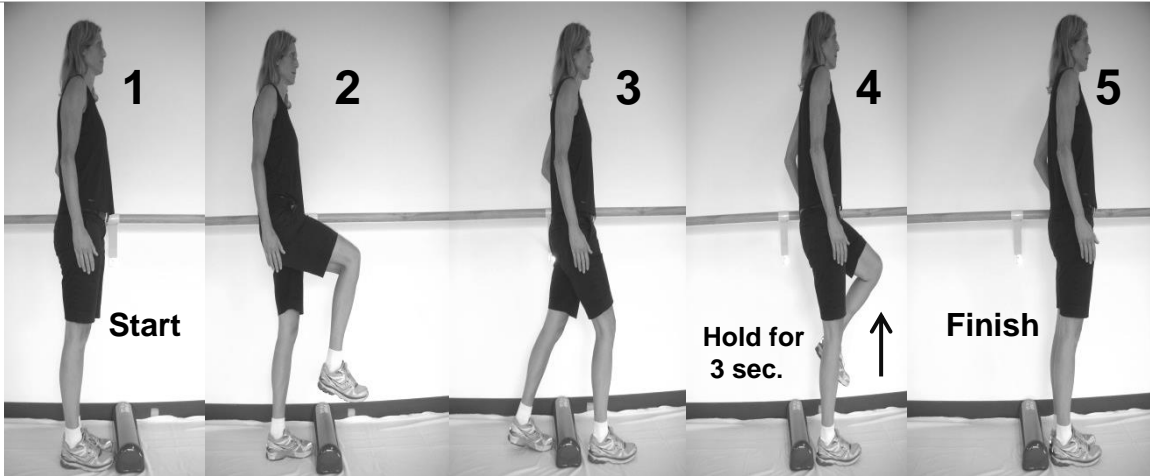
- 1) Using a counter for support, stand with both feet to one side of a rolled towel.
- 2) Lift the foot closest to the towel and put it on the ground on the other side of the towel. Place all your weight on this foot. Stay balanced on this foot for 3 seconds
- 3) Then place both feet on the ground.

Now do that same exercise but step over the towel in the opposite direction

Repeat up to 10 times; stop when you feel you could do 2 to 3 more repetitions and no more. Gradually increase to 15 repetitions.

S2C) Forward and Backward Stepping

Benefit: Improves balance and movement.



Same as 7a, but step forward over a towel. Stand on one foot for 3 seconds. Put both feet down and then repeat by stepping backwards.

Please have someone stand beside you for safety. This is important when stepping backwards.

Repeat up to 10 times; stop when you feel you could do 2 to 3 more repetitions and no more. Gradually increase to 15 repetitions.

S2D) One Leg Stand

Benefit: Helps to get the muscles contracting around the ankle and improves balance.



1. Using a counter or ledge for support, stand with both feet on the ground.
2. Slowly shift your weight onto the affected leg.
3. Slowly lift the non-affected leg off the ground and hold for up to 15 seconds.
4. Gradually increase the time spent on the affected foot to 45 seconds.

**Repeat up to 5 times (holding for up to 15 seconds each time).
Gradually increase to 30 seconds to a minute.**