

SINGLE LEG SIT TO STAND EXERCISE



By Paulina - Running Physio

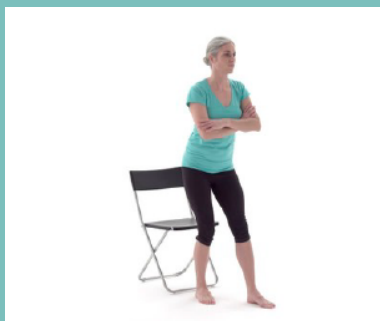
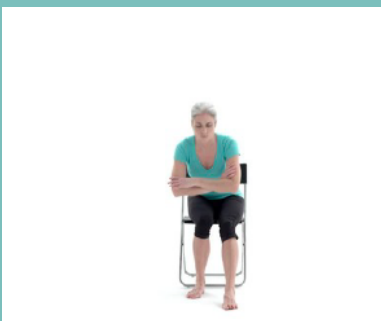


1 Sit to Stand (Double leg) - No Hands



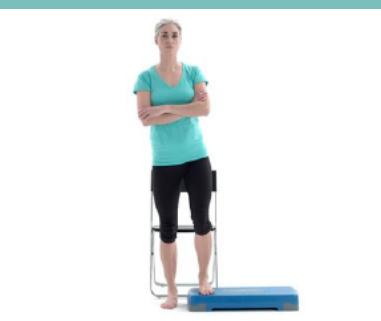
Put pressure into the heels and knees don't pass toes as you get up.

2 Sit to Stand with Staggered Legs



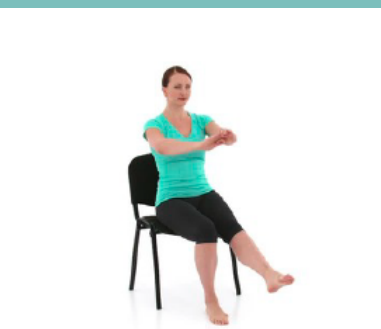
Place more pressure through back leg, front leg used for balance (10-20% weight)

3 Sit to Stand with Staggered Legs - Using Step/Box



Place pressure on back leg, and front leg on box used for balance (0-5% weight)

4 Sit to Stand (Single Leg)



Lift one leg in the air and get up on one leg. Watch your knee and hip alignment.

