



Gait Optimization Exercises

Single Leg Stance

STEP 1



STEP 2



Setup: Begin in a standing upright position with your feet together and arms resting at your sides.

Movement: Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip: Try not to move your arms away from your body or let your weight shift from side to side.

Leg Swing Single Leg Balance

STEP 1



STEP 2



Setup: Begin in a standing upright position. Lift your arms directly to your sides.

Movement: Raise one leg off the ground and begin swinging it forward and backward.

Tip: Make sure to maintain your balance and keep your back straight as you swing your leg.

Step Forward with Opposite Arm Reach

STEP 1



STEP 2



Setup: Begin in a standing upright position, holding onto a stable object at your side for support.

Movement: Step forward with one foot, and reach your opposite arm forward. Return to the starting position and repeat.

Tip: Make sure to keep a slight bend in your knees as you shift your weight.



Gait Optimization Exercises

Staggered Stance Weight Shift with Arms Reaching

STEP 1



STEP 2



Setup: Begin in a staggered stance position.

Movement: Shift your weight forward, reaching the arm opposite your forward leg up, and your other arm back. Then shift your weight to your back leg and reverse your arm movements.

Tip: Make sure to reach as big as you can with your arms, and maintain your balance during the exercise.

Mini Lunge

STEP 1



STEP 2



Setup: Begin in a standing upright position.

Movement: Step forward with one foot and lower down into a mini lunge position. Return to standing and repeat on the other leg.

Tip: Make sure to maintain your balance and do not let your front knee move forward past your toes.

Standing Hip Flexion AROM

STEP 1



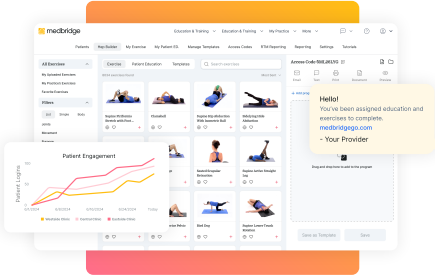
STEP 2



Setup: Begin in a standing upright position holding onto a chair for support.

Movement: Lift one leg straight forward, then bring it back to the starting position and repeat.

Tip: Make sure to keep your abdominals tight and your hips facing straight forward during the exercise.



Drive behavior change and boost adherence with Medbridge HEP

- Save time with smart search, templates, and one-click documentation.
- Engage patients with over 8,000 video exercises delivered on a mobile app.
- Improve outcomes with patient feedback, messaging, and adherence tracking.
- [Learn more at www.medbridge.com/hep](http://www.medbridge.com/hep)

Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.