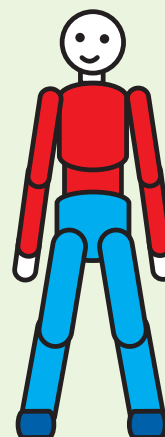


Exercise 26

Leg lift

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet

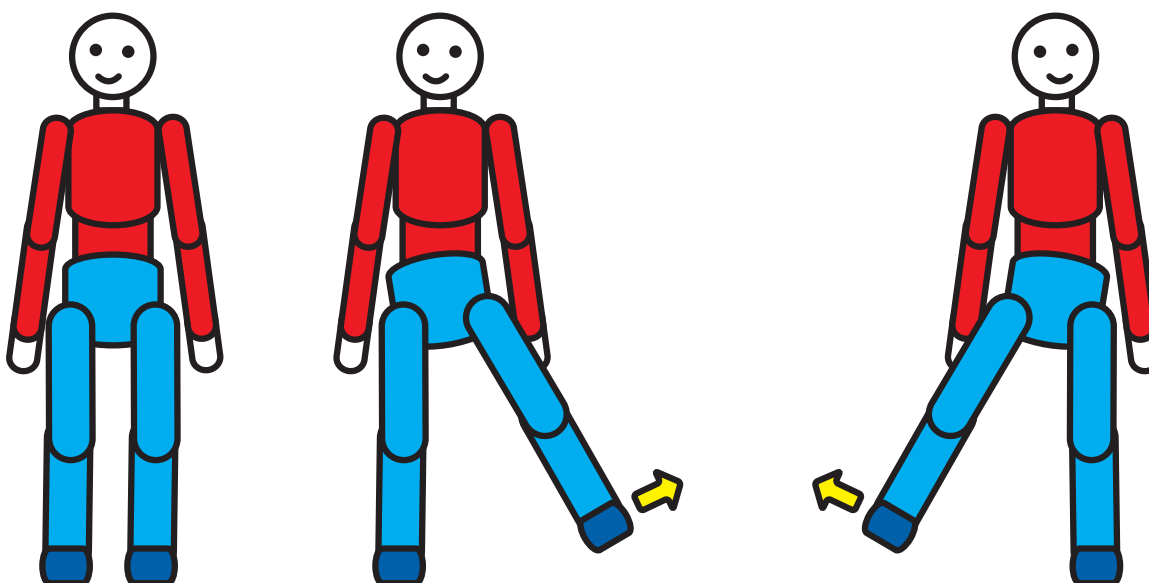


Step one

Lift the right leg out to the side, keep the knee straight and the toes pointing forwards.

Step two

Hold and lower slowly. Repeat with the left leg. Repeat 3-5 times.



If you cannot lift your leg, then take a step to the side then side-step back again.

If you have problems/concerns, talk to a physiotherapist.