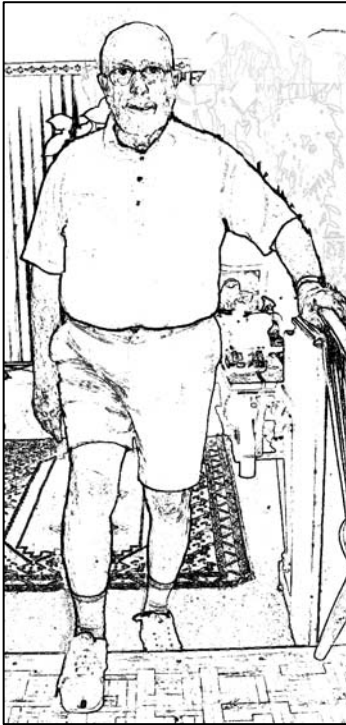


STEP-TAP AND STEP-UP EXERCISES



Step-Taps

A. Place one foot on top step **WITHOUT LIFTING BODY WEIGHT**

B. Alternate between L&R. ___ times ___ x/day

Step-ups

A. Place **WHOLE FOOT** on step **1__**, **2__**, **3__**, **4__ inches high**

B. Lift body weight forward or sideways up onto step, keeping knee slightly bent

C. **STEP BACK DOWN, KEEPING TOP FOOT UP ON STEP**

D. Repeat, lifting top foot up in air 2 inches before placing down again for step.



***Step up ALWAYS with: Knee over 2nd toe (shoe point), feet STRAIGHT AHEAD, about 6 inches apart (forward steps) and 1 ½ feet apart (side steps). KEEP TOP & BOTTOM FEET WIDE APART, “ROCKING” UP & BACK from top to bottom step!**

ONE SET =

- 5 L/R front__ side__
- 10 L/R front__ side__
- 5L/R, 10L/R, 5L/R front__ side__
- 5L/R, 10L/R, 15L/R, 10L/R, 5L/R front__ side__

Exercise Frequency =

- Practice ___ sets
- ___ x/ wk

Goal = ___ sets, ___ times/wk

REMEMBER – HEEL CORD, THIGH & HAM STRETCHES BEFORE & AFTER!

(Use theraband loop around your ankles for extra strength for ½ the step-ups ONLY if allowed by your therapist)