

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Stronger Thighs Clock Exercise

Stand with one hip turned toward the counter, placing a hand on the counter. Bend the knee of the leg next to the counter.



Reach opposite toes out and touch lightly to the ground without putting weight onto the leg while leaning shoulders in the opposite direction.

Touch out to three positions:

12:00: Move the opposite foot out in front while shoulders go backward. Then stand back up, straightening your bent knee.



3:00/9:00: Move the opposite foot out to the side while shoulders go over the leg to the side on which you are standing. Then stand back up, straightening your bent knee.



6:00: Move the opposite foot out backward while shoulders go forward. Then stand back up, straightening your bent knee.

PROGRESSION: To prevent overuse, start with one rep of each position.

Each week add one more rep up to twenty-four reps of each position. As this gets easier, start hovering a hand over the top of the counter, or do this while brushing teeth. Mix up the order in which you perform this exercise to challenge balance.

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