

Weight-bearing exercises

The aim of these exercises is to help recover normal mobility and functional ability. Don't be worried if bearing weight on the leg feels challenging at first. Moving will become easier gradually in 3–4 weeks. It is important to practice actively several times a day.

Model for walking



When you walk, try to put your heel on the floor first. Take equally long steps with both legs and avoid jumping on one foot. The leg needs walking exercises to become stronger.

Shifting weight from one leg to the other while standing



Shift your weight to one leg and lift the other leg in the air. If necessary, you can use a wall or a table as support in the beginning. Keep your hips level and imagine that you grow taller between the ankle of the supporting leg and your neck. The knee and toes of the supporting leg should point straight forward, as should both your hips.

Standing on one foot



Stand with your feet hip-width apart. If necessary, use a wall or a table as support. Shift your weight from one leg to the other and lift the heel of the opposite leg off the floor. Control your balance and let your whole body grow taller.

Walking on a line



Walk forward along a line with your toes pointing forward. If necessary, use your arms to balance the movement. When you can walk forward, try other ways: tiptoeing, walking sideways or walking backwards.

Tiptoe raises



Stand with good posture. Keep your weight evenly on both legs and use support if necessary. Rise onto your toes and return to the starting position, slowing down the movement.

Contact information

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