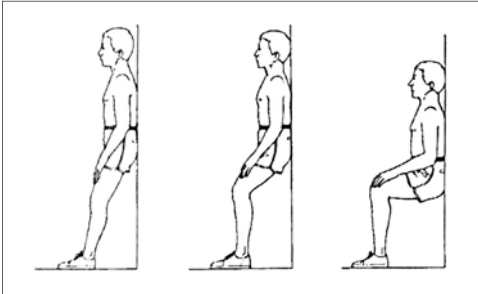
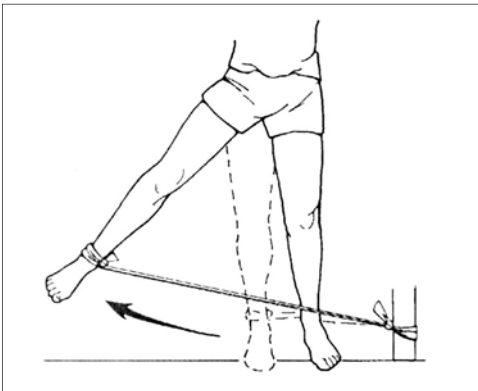


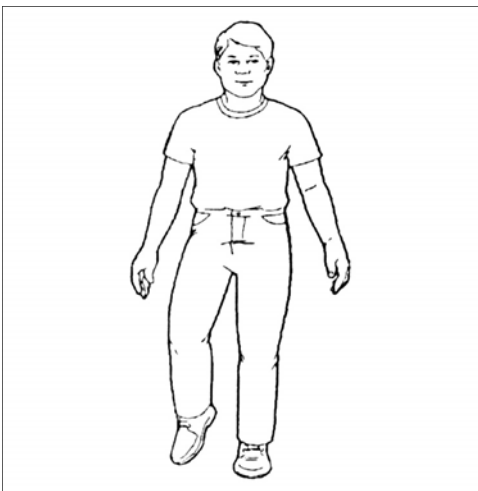
1. Begin in standing position as shown, and hold your spine stable in neutral throughout the rest of the exercise
2. Step one leg forward and slowly lower yourself by bending your knees until your knee is ___ inches from the floor
3. Slowly return to a standing position
4. 15 repetitions, 2 times per day



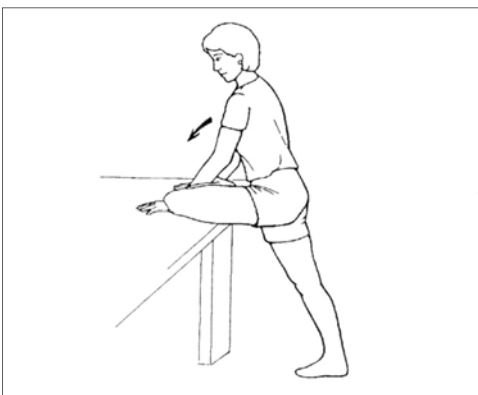
1. Stand with your back against the wall, feet shoulder width apart and 18 inches from the wall
2. Slowly slide down wall until you are in a “chair” position
3. Hold for 10 seconds, keep weight through heels
4. 10 repetitions, 2 times per day



1. Anchor rubber tubing to a solid object and to one ankle as shown
2. Raise hip out to side, without letting it come forward
3. Hold for 2 seconds, slowly relax
4. 15 repetitions, 2 times per day



1. Stand upright on one leg, knee bent slightly
2. Lift the other leg from the floor, write alphabet
3. Repeat with the other leg
4. 2 repetitions, 2 times per day



1. Stand propping one leg on solid object as shown
2. Lean your trunk forward so that you feel a stretch
3. Hold for 30 seconds
4. 5 repetitions, 2 times per day