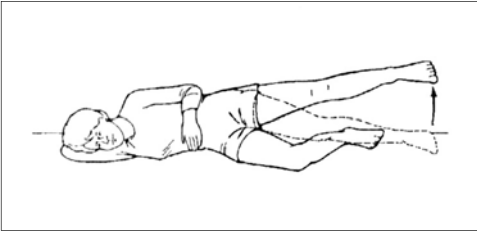
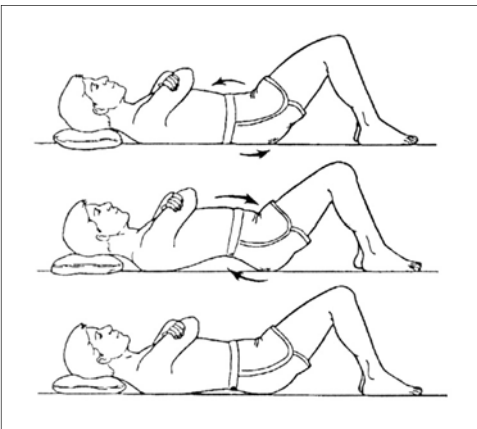


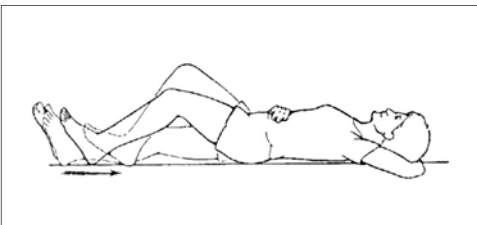
1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it about 4-6 inches
3. Hold for 10 seconds and then slowly lower
4. 10 repetitions, 2 times per day



1. Lie on side with leg on top
2. Bend lower leg slightly
3. Raise top leg straight up about 4 inches, without letting it come forward
4. Hold for 10 seconds, slowly relax
5. 10 repetitions, 2 times per day



1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten your back as shown
3. Rotate tailbone backward/upward and arch back as shown
4. Now, find your neutral (balanced) position
5. Hold for 10 seconds
6. 10 repetitions, 2 times per day



1. Lie flat on back
2. Slide heel towards the buttocks, bending the knee
3. Hold for 2 seconds, slowly lower
4. 30 repetitions, 2 times per day

