

1

**STRAIGHT LEG RAISE**



While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Perform exercise on both legs.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

4

**KNEE EXTENSION**



While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Perform on both legs.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

2

**BENT KNEE FALL OUT**



While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

5

**STANDING HAMSTRING CURLS**



While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.

Keep knees in-line with one another.

Perform on both legs.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

3

**MARCHING**



While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

6

**HIP ABDUCTION - STANDING**



While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Perform on both legs.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

7



**SIT TO STAND - THIGH SUPPORT**

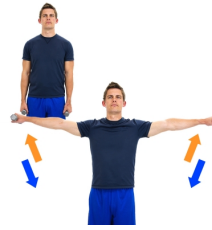
Start by scooting close to the front of the chair. Then lean forward and place your hands on your thighs. Rise up to standing using your hands for support.

Sit back down using your hands for support on your thighs and then repeat.

If necessary, perform with a chair that has arms for additional support if needed.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

10



**LATERAL RAISE**

While holding a weight in both hands and with your elbows straight, bring up your arms up from your side with the palms facing downward.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Begin with no weight. If it becomes easy an individual can use a soup can for added weight.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

8



**BICEPS CURLS**

With your arm at your side, draw up your hand by bending at the elbow.

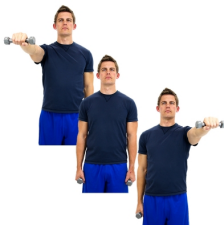
Keep your wrist in a neutral position as shown above the entire time.

Begin with no weight. If it becomes easy an individual can use a soup can for added weight.

Perform with both arms.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

9



**FORWARD RAISE**

While holding dumbbells with your elbows straight and down by your side, slowly raise them up in front of your body with your palms facing downward. Then return to starting position and repeat. Do not let your shoulder shrug upwards.

Begin with no weight. If it becomes easy an individual can use a soup can for added weight.

Perform with both arms at the same time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 2 Sets  
 Perform 1 Time(s) a Day