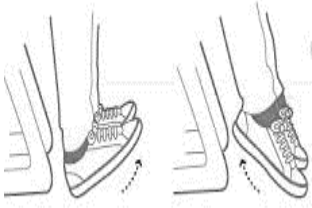


Heel Toe Raises



- Sit tall on a sturdy chair with your belly button drawn towards your spine & shoulders back
- Rock back on your heels & hold for 3 seconds
- Rock up onto your toes & hold for 3 seconds
- Repeat the above sequence 10-30 times
- Perform 2 times per day or more as needed

Knee Extension



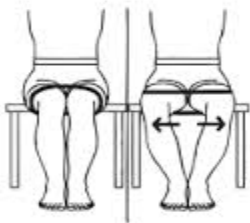
- Sit tall on a sturdy chair with your belly button drawn towards your spine & shoulders back
- Slowly straighten 1 knee kicking out & hold for 3 seconds
- Slowly bend the knee lowering the foot back to the floor
- Repeat on the other leg
- Repeat 10-30 times per leg
- Perform 2 times per day or more as needed

Marching



- Sit tall on a sturdy chair with your belly button drawn towards your spine & shoulders back
- Slowly bring 1 knee up lifting your foot off the floor & hold for 3 seconds
- Slowly lower the foot back the floor
- Repeat on the other leg
- Repeat this alternating pattern 10-30 times per leg
- Perform 2 times per day or more as needed

Hip Abduction-(Pushing Out)



- Sit tall on a sturdy chair with your belly button drawn towards your spine & shoulders back
- Place an exercise band around your legs just above your knees
- Keeping your feet together, slowly pull your knees out & hold for 3 seconds
- Slowly bring your knees back in controlling the elastic band
- Repeat the above sequence 10-30 times
- Perform 2 times per day or more as needed

Hip Adduction-(Pushing In)



- Sit tall on a sturdy chair with your belly button drawn towards your spine & shoulders back
- Place a ball/pillow between your knees
- Gently squeeze your knees together & hold for 3 seconds, then slowly relax still keeping the knees close enough so the ball/pillow doesn't fall out
- Repeat the above sequence 10-30 times
- Perform 2 times per day or more as needed