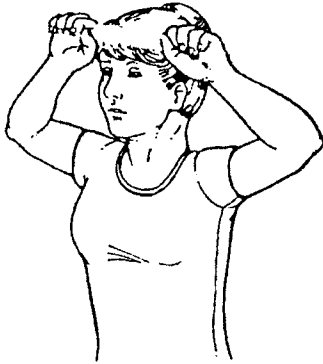


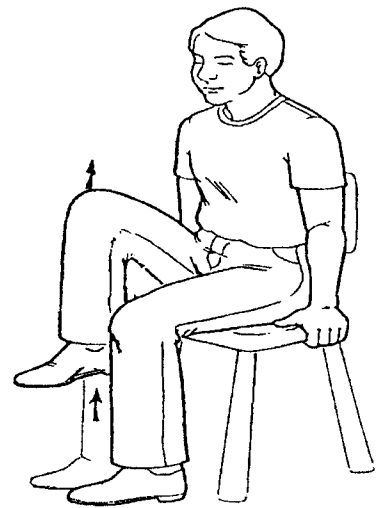
3. Arm Raises



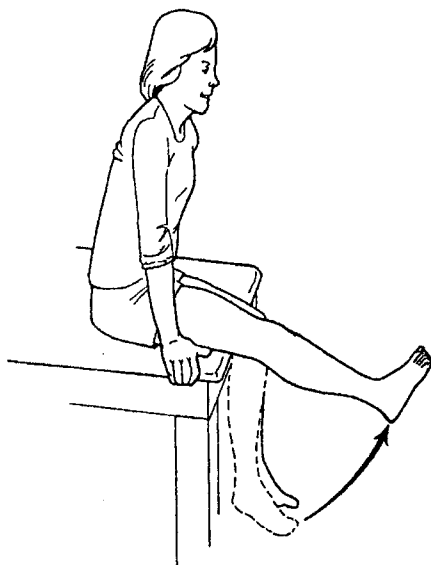
Sit with elbows at your sides. Move your hands up over your head as far as you can. Then lower your hands back to your lap. Your elbows may be straight or bent. Hold _____ seconds. Relax your hands back to your sides.

4. Hip Flexion

Sit in a chair with knees bent as shown. Bend hips one at a time to lift feet off floor as if marching. Hold _____ seconds, then lower foot.



5. Knee Extension



Sit in a chair with your thigh fully supported. Straighten your knee fully, keeping your toes pointed up. Hold for _____ seconds and lower slowly. Alternate from the left to the right.