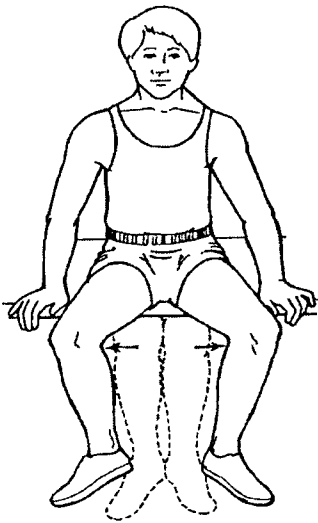


## 6. Hip Abduction



Sit on chair as shown.

Spread knees apart as far as possible (you may move legs out one at a time).

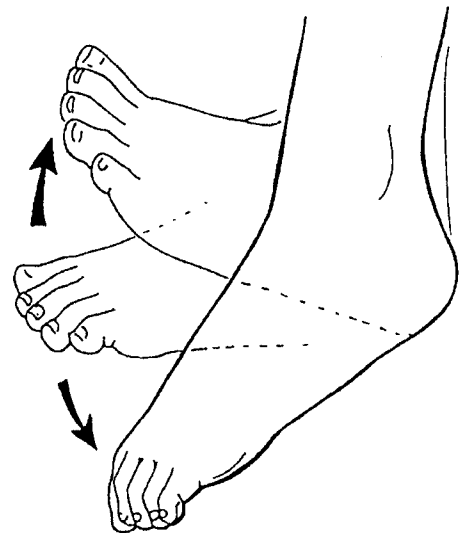
Hold \_\_\_\_\_ seconds. Return to midline.

## 7. Foot and Ankle

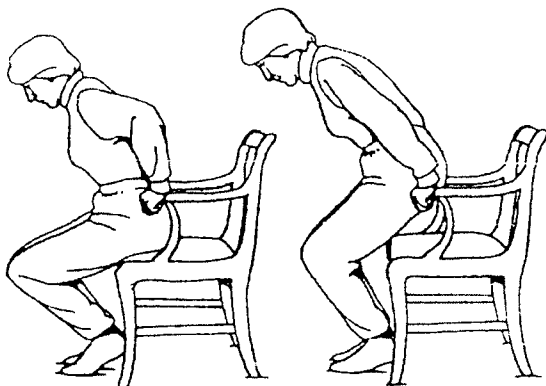
Sit in a chair.

Bend ankles so toes point up toward your body as far as possible. Then point your toes away from your body.

You may do this with your feet up on a stool or down on the floor.



## 8. Sit to Stand



Sit on the edge of a chair, with your feet flat on the floor.

Place your hands on the arms of the chair. Lean forward and stand upright, keeping your hands on the arms of the chair. Return to sitting.