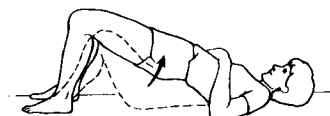


1. Lie on back with _____ knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it about _____ inches
3. Hold _____ seconds and slowly lower
4. _____ repetitions, _____ times per day

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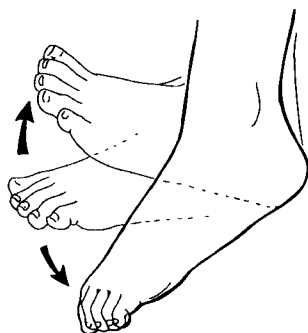
1. Lie on back with both legs bent as shown
2. Tighten buttocks and raise them off bed as high as you can
3. Keep pelvis level
4. Hold _____ seconds, slowly relax
5. _____ repetitions, _____ times per day

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

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1. Bend ankle up toward your body as far as possible
2. Now point toe away from your body
3. _____ repetitions, _____ times per day

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