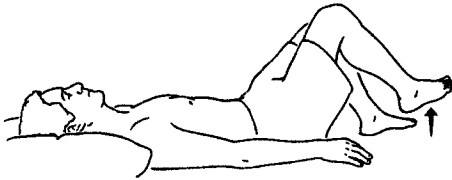
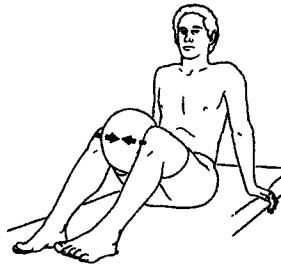


"Core Marches"



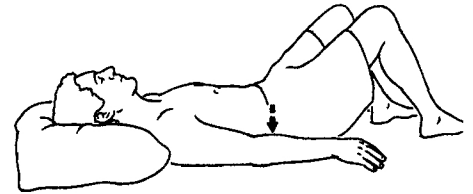
Tighten stomach and slowly raise right leg 12 inches from floor. Keep trunk rigid. Hold 5 seconds.
2x10 ea leg

"Ball or Pillow Squeeze"



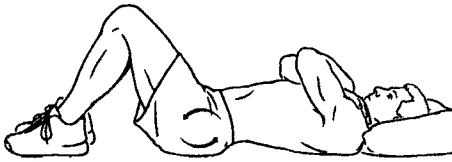
With ball or folded pillow between knees, squeeze knees together. Hold 5 seconds.
20x5" Hold

TRUNK STABILITY - 4 Isometric Abdominal "Stomach Squeeze"



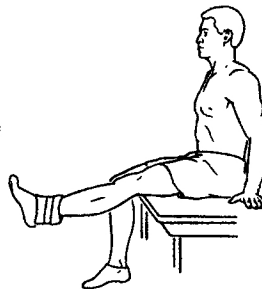
Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 5 seconds.
20x5" Hold

"Glute Squeeze"



Tighten Buttock and Hold 5 seconds. Relax.
20x5" Hold

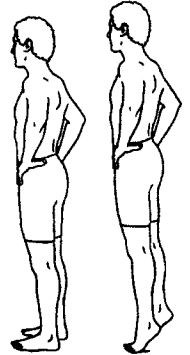
HIP / KNEE - 76 Knee Extension (Sitting) "Seated Chair Leg Kicks"



Straighten knee fully, Tightening Quad Muscle and lower slowly.

2x10 ea leg

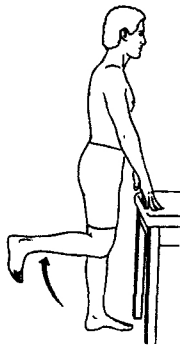
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)



Rise on balls of feet.

2x10

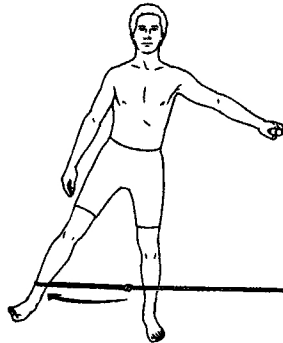
HIP / KNEE - 24 Strengthening: Knee Flexion (Standing) "Standing Butt Kick"



With support, bend right knee as far as possible.

2x10 ea leg

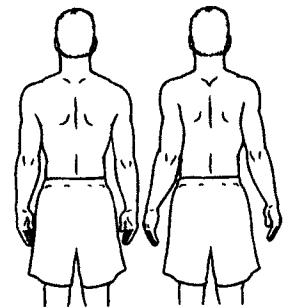
HIP / KNEE - 27 Strengthening: Hip Abduction - Resisted



Extend leg out from side.

2x10 ea leg

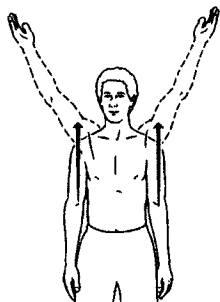
SHOULDER - 101 Scapular Retraction (Standing)



With arms at sides, pinch shoulder blades together.

20x5" Hold

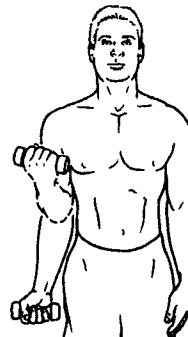
SHOULDER - 83 ROM: Flexion (Standing)



Bring arms straight out in front and raise ONLY TO SHOULDER HEIGHT

2x10
May add some small hand weights

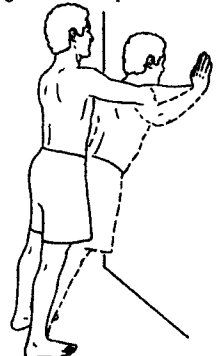
HAND - 70 Wrist Elbow Flexion: Resisted - Palm Up "Biceps Curl"



Bend elbow. Return slowly.

2x10
May add small weight

SHOULDER - 81 Strengthening: Wall Push-Up



With arms slightly wider apart than shoulder width, and feet 12-24 inches from wall, gently lean body toward wall.

2x10