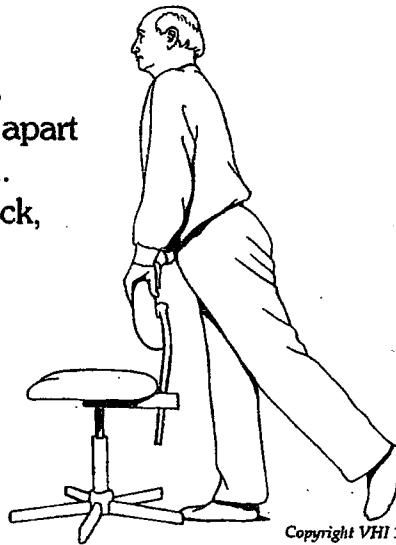


HIP - 8 Hip Backward Kicks

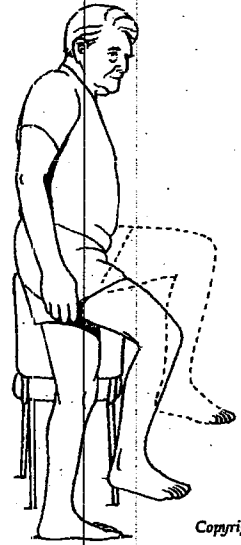
Using a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward. Repeat using other leg.



REPEAT _____ times.
Do _____ times per day.

HIP - 10 "I love a Parade" Lifts

Using a chair if necessary, march in place 4 times in each phase:
(1) Foot raised 6"
(2) 12" (3) 18"
(4) as high as you can.
The 4 phases make a set (16 counts).



REPEAT set _____ times.
Do _____ times per day.

KNEE - 2 Knee Bends

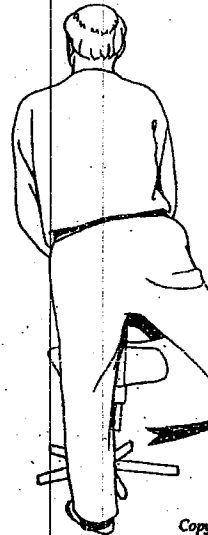
Holding a chair for balance, slowly bend knees. Keep both feet on the floor.



REPEAT _____ times.
Do _____ times per day.

HIP - 9 Hip Side Kicks

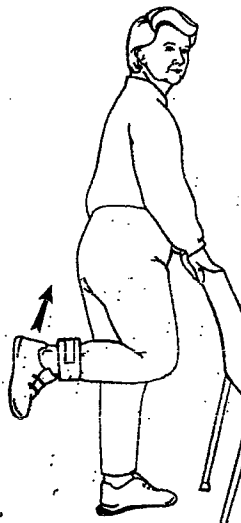
Holding a chair for balance, keep legs shoulder width apart and toes pointed forward. Kick one leg out to side, keeping knee straight. Do not lean. Repeat using other leg to complete set.



REPEAT set _____ times.
Do _____ times per day.

KNEE - 12 Hamstring Strengthening

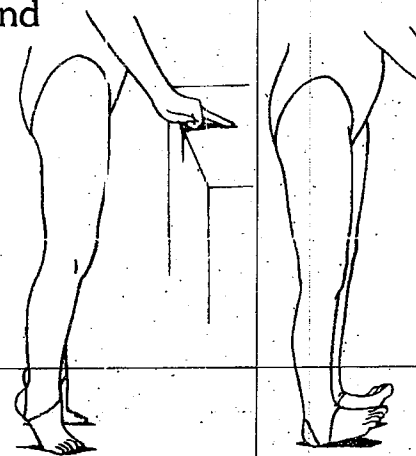
Holding support, lift RIGHT / LEFT heel toward buttocks. Use _____ lbs. Hold _____ seconds.



REPEAT: _____ times.
Do _____ times per day.

GAIT - 1 Toe Ups

Gently rise up on toes and roll back on heels.



REPEAT: _____ Times
_____ Times a Day.