

**Take to your physician to get approval on what exercises are right for you.**

1. Hip to the side \*



2. Foot Circles \*



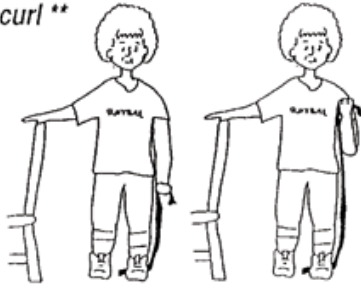
3. Lift leg backwards \*



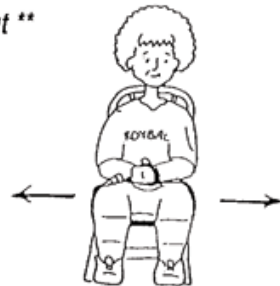
4. Shoulder blade exercises\*\*



5. Arm curl \*\*



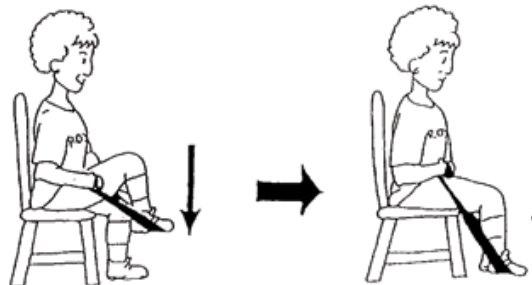
6. Knees in and out \*\*



7. Ankle Pumps \*\*



8. Hip extension \*\*



Thank you to Stay on Your Feet\* and Roybal - Boston University\*\* for allowing us to use your diagrams

Physicians please circle the appropriate exercises for your patient.

