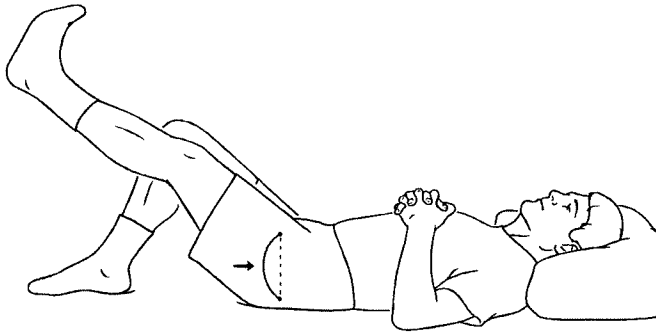
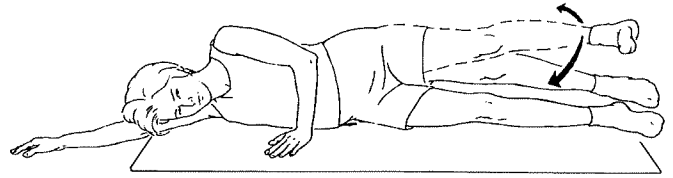


HOSPITAL / POST-SURGICAL REHAB - 4
Straight Leg Raise



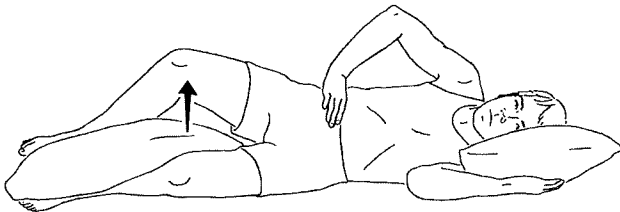
Squeeze pelvic floor and hold. Tighten top of left thigh. Raise leg off bed 4 inches. Hold for 4 seconds. Relax for 4 seconds.

LEG AND BUTTOCK TONER - 10 Kick (Side-Lying)



Lie on right side with legs together. Keep torso stationary, while moving left leg forward and back. (For more stability, either place legs at an angle in front of hips or bend bottom leg.)

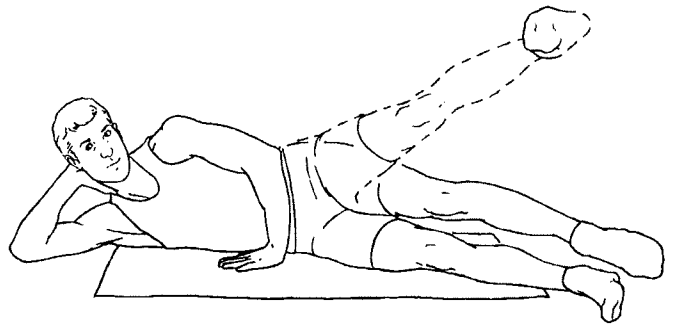
LOWER TRUNK - 36 Clam Shell 45 Degrees



Lying with hips and knees bent 45°, one pillow between knees and ankles. Lift knee. Be sure pelvis does not roll backward. Do not arch back.

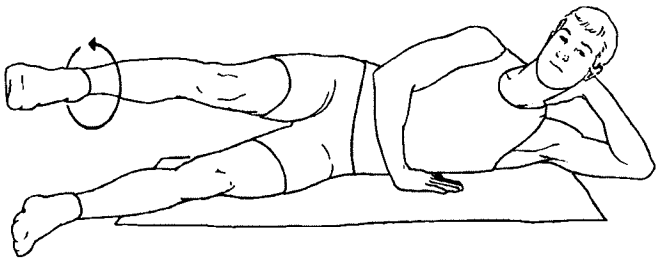
Do 10 times, each leg, 1 times per day.

BEGINNER - 30 Side Leg Lift



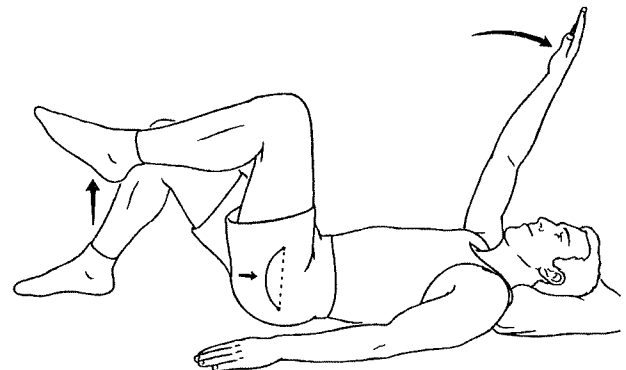
Lie on side, back straight along edge of mat, legs 30° in front of torso. Flexing foot, lift top leg to 45° without hiking hip. Lower leg, foot pointed.

BEGINNER - 31 Side Leg Circle



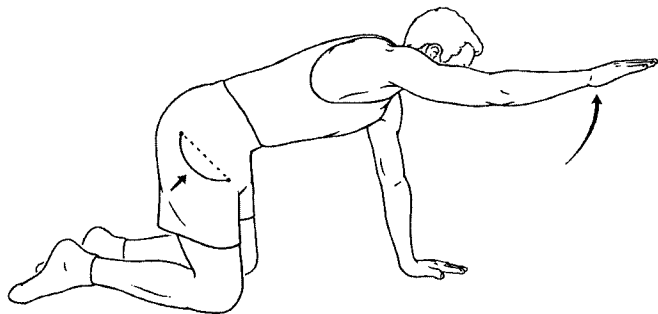
Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg to hip height. Rotate in small circle, 8 times in each direction.

LUMBOPELVIC STABILIZATION - 6
Bracing With Arms / Legs (Hook-Lying)



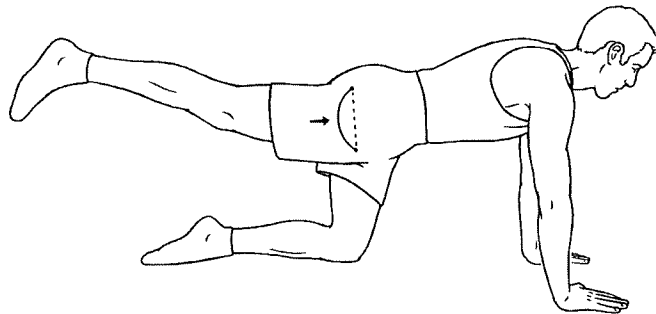
With neutral spine, keep trunk still as you Raise arm and opposite leg, (do not raise head) then return. Repeat with other limbs.

LUMBOPELVIC STABILIZATION - 23
Bracing With Arm Raise (Quadruped)



On hands and knees find neutral spine. Tighten pelvic floor and abdominals and hold. Alternately lift arm to shoulder level.

LUMBOPELVIC STABILIZATION - 24
Bracing With Leg Raise (Quadruped)



On hands and knees find neutral spine. Tighten pelvic floor and abdominals and hold. Alternating legs, straighten and lift to hip level.