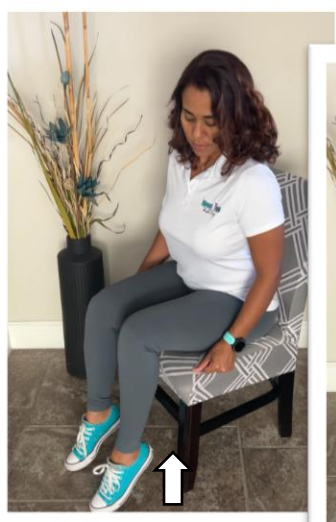


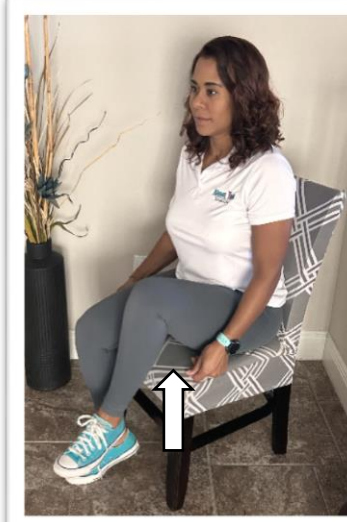
SEATED EXERCISES



Heel Raise and Toe Raise ___ x ___
Alternate between toes and heels



Kicks Outs ___ x ___
Slowly extend knee



Marching ___ x ___
Lift knee towards ceiling



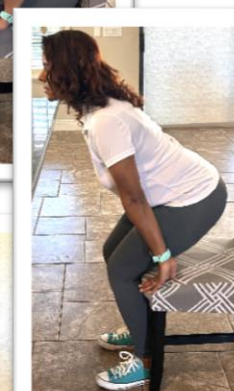
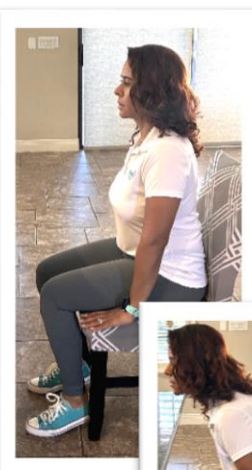
Hip Rotation ___ x ___
Swing foot out to the side. Keep knee still.



Hip Rotation ___ x ___
Swing foot in and across in front of the other shin



Abduction ___ x ___
Separate knees and bring them back together



Sit to Stand
Use hands for support
___ x ___

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