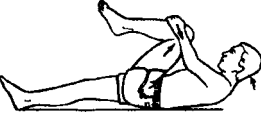
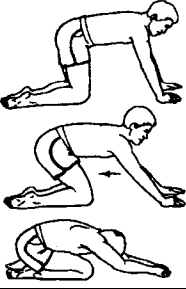
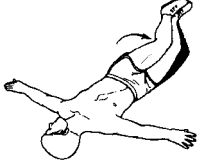

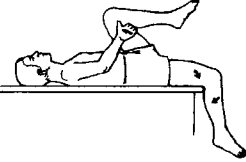
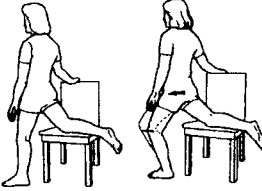

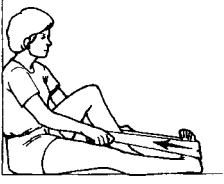


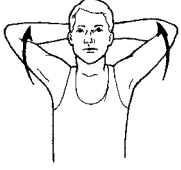

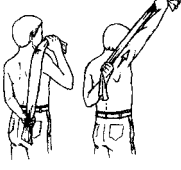


Flexibility Exercises

	<ol style="list-style-type: none"> 1. Lie on back. 2. Pull knee to chest. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day with each leg.
	<ol style="list-style-type: none"> 1. Assume hands and knees position. 2. Bend knees to move buttocks toward heels as shown. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day.
	<ol style="list-style-type: none"> 1. Lie on back with knees bent and feet together, arms out to the side. 2. Rotate knees side to side, until you feel a stretch. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day for each side.
	<ol style="list-style-type: none"> 1. Lie on back holding leg with towel as shown. 2. Keep the opposite leg straight on the floor. 3. Hold for 30 seconds. 4. Do 5 repetitions, 1 time per day with each leg.
	<ol style="list-style-type: none"> 1. Lie on bench with leg hanging over edge. 2. Bend the knee, keeping the thigh flat on the bench. 3. Pull your other knee up to your chest as shown. 4. Hold for 30 seconds. 5. Do 5 repetitions, 1 time per day with each leg.
	<ol style="list-style-type: none"> 1. Assume position shown, with knee on chair. 2. Bend the opposite knee so that you feel a stretch. 3. Do not allow your low back to arch. 4. Hold for 30 seconds. 5. Do 5 repetitions, 1 time per day with each leg.

"These exercises are meant for general education only. Please see your physical therapist or physician for further instruction and evaluation of any specific problem. Stop any and all exercises that cause discomfort or pain."

Flexibility Exercises (continued)

	<ol style="list-style-type: none"> 1. Assume position shown. 2. Hold 1- 5 minutes. 3. Do 1 repetition, 1 time per day.
	<ol style="list-style-type: none"> 1. Sit on floor with towel or strap around foot as shown. 2. Pull top of foot toward your body so that you feel a stretch. 3. Hold for 30 seconds. 4. Do 5 repetitions, 1 time per day with each foot.
	<ol style="list-style-type: none"> 1. Position your body against a wall as shown. 2. Point toes directly toward wall and hold heel down. 3. Lean into wall as shown so that you feel a stretch. 4. Hold for 30 seconds. 5. Do 5 repetitions, 1 time per day with each leg.
	<ol style="list-style-type: none"> 1. Stand grasping an elbow with the other hand as shown. 2. Pull the elbow and arm across your chest so that you feel a stretch. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day for each arm.
	<ol style="list-style-type: none"> 1. Reach up behind your head as shown. 2. Press elbows backward so that you feel a stretch. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day.
	<ol style="list-style-type: none"> 1. Stand grasping an elbow with the other hand as shown. 2. Pull the elbow behind and toward your head so that you feel a stretch. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day with each arm.
	<ol style="list-style-type: none"> 1. Stand with towel as shown. 2. Stretch the arm up behind your back by pulling upward on the towel with the other hand for assistance. 3. Hold for 10 seconds. 4. Do 10 repetitions, 1 time per day with each arm.

"These exercises are meant for general education only. Please see your physical therapist or physician for further instruction and evaluation of any specific problem. Stop any and all exercises that cause discomfort or pain."