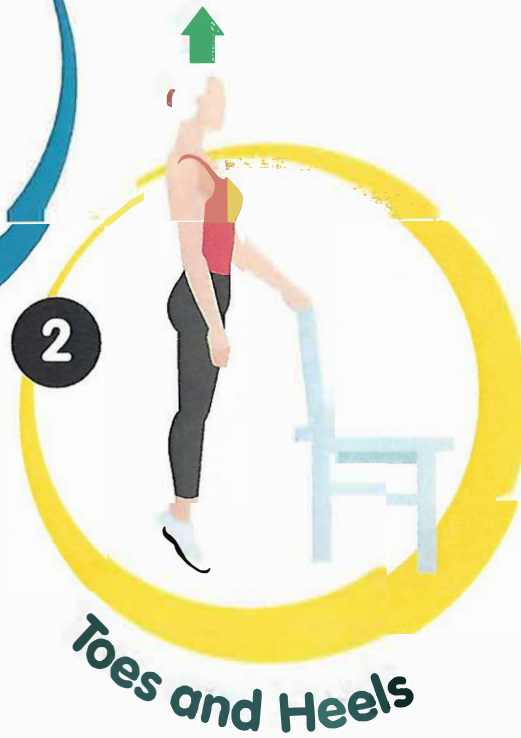




To strengthen the hips and thigh muscles.

- With feet shoulder-width apart, sit on edge of chair
- With your feet in front of your knees, stand up
- Keeping back straight, stick out your rear end, begin to sit by hinging forward at the hip
- Lightly touch your rear end to the chair and then stand up again
- Repeat eight times



To increase ankle strength and range of motion.

- Use a chair to steady yourself if needed
- With feet hip-width apart, stand up on to the balls of your feet
- Lower slowly so that your feet are flat on the floor, then lift your toes so that you are on your heels
- Lower your toes back down and relax
- Repeat eight times



To increase hip strength and range of motion.

- Use a chair to steady yourself if needed
- Keeping your upper body tall, lift your knee until your thigh is parallel to the ground
- Hold for a count of two
- Slowly lower your leg
- Repeat eight times with each leg



To increase hip strength and promote good balance.

- Use a chair to steady yourself if needed
- With knee straight and toes pointed forward, raise leg to the side
- Hold for a count of two
- Slowly lower your leg
- Repeat eight times with each leg

