

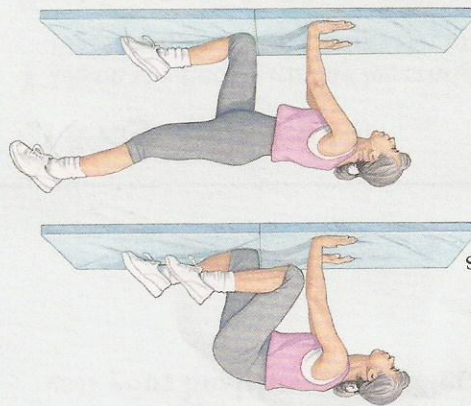
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This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.

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Donkey Kick

- 1 Start on your hands and knees. Keep your head and neck in a straight line and your back flat.
- 2 Pull one knee in toward your chest. Then push that leg straight back.



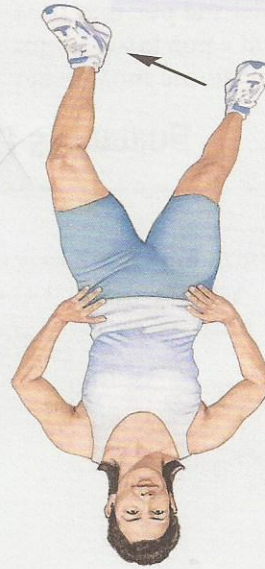
- 3 Repeat $\frac{5}{}$ times with each leg. Do $\frac{1}{}$ sets $\frac{+}{}$ times a day.

CAUTION

- When straightening your leg, don't arch your back or overextend your neck.
- Use controlled movements—don't jerk.

Side Lunge

- 1 Stand with your feet shoulder-width apart, hands on hips. Bend your knees slightly.
- 2 Holding stomach muscles tight, take a wide step (about 45 degrees) to the side with one leg. Bend the front leg, keeping your back leg straight. Return to the starting position.



- 3 Repeat $\frac{}$ times with each leg. Do $\frac{}$ sets $\frac{}$ times a day.

CAUTION

- Don't let your bent knee extend past your toe.
- Keep your head level.

Wall Squat

- 1 Stand with your back against a wall. Put your feet shoulder-width apart and at least 24 inches out in front of you with legs straight.
- 2 Grasp a $\frac{}$ pound weight in each hand, arms straight, palms toward body. Bend your knees until you feel tension in your thighs. Hold for $\frac{}$ seconds. Return to starting position.



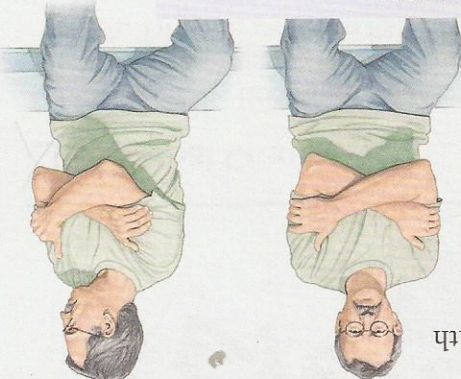
- 3 Repeat $\frac{}$ times. Do $\frac{}$ sets $\frac{}$ times a day.

CAUTION

- If you have knee problems, talk to your healthcare provider before doing this exercise.
- Don't let your bent knees extend past your toes.

Seated Trunk Rotation

- 1 Sit straight, legs shoulder-width apart, feet flat on the floor. Cross your arms on your chest.
- 2 Keeping your head, neck, and trunk in a straight line, turn as far as you can to one side. Look over your shoulder. Hold for $\frac{}$ seconds, then slowly return to starting position. Repeat with the opposite side.



- 3 Repeat $\frac{}$ times. Do $\frac{}$ sets $\frac{}$ times a day.

CAUTION

- Keep your back straight, with head, neck, and trunk aligned.
- Don't turn too far.