left shoulder 10 times
(iii) then kick left leg up and back (under 45°) - stay on side
9) repeat on left side

Floor Exercises on Back
Next turn on your back
1) stretch arms and legs as far as possible - hollow back
2) move arms to knees and back 5x with palms down, 5x palms down
3) with left foot touch mat next to right thigh 10 times - repeat
   with right foot
4) arms on mat - feet together - pull up knees with feet off floor -
   move feet from left to right 10 times
5) arms along side body on mat - place both feet 1 foot from buttocks
   1 foot apart - knees pointing up - push buttock up above floor 10
   times
6) place both feet 1 foot from buttocks - 1 foot apart - knees up in
   the air - place hands in neck - do 10 half situps
7) right leg stretched on mat - left leg up in the air with bent knee
   - with right hand move up to touch your left foot and simultaneous
   move foot toward hand - head and shoulders come up off the mat -
   after your touch let arm come back - then repeat 5 times - repeat
   with other foot and hand - do both one more time
8) repeat item 5
9) sit on floor with right leg stretched and left leg bent at knee
   flat on floor - move right leg at knee up and down 2 inches - do 1
   times - repeat with left leg
10) -- Do only if your back does not hurt --
    sit on floor, with soles of your feet touching -- place hands on
    ankles -- rock head slightly up and down, keeping your stomach tig

Warning: if you do not tighten you stomach muscles you may hurt
yourself!

Final Sitting/Standing Exercises

1) sit on chair or bed - rotate elbows
2) elbows at shoulder height
   rotate shoulders left as far as you can turn - repeat on
   the right
1) stand on one foot - hold onto dresser - move onto toes 10 times -
   repeat with other foot
2) stand on one leg - bend leg at knee with heel off the floor -
   repeat 10 times - repeat with other leg
3) sit on chair or bed - rotate elbows making circles with hands
4) elbows at shoulder eight with hands stretched in front of chest -
   - rotate torso 5 times as far as possible the left - repeat on the
   right side