

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 10 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 tight
- Warning: if you do not tighten your 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 height with hands stretched in front of chest - rotate torso 5 times as far as possible the left - repeat on the right side