

LOWER EXTREMITY EXERCISES

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INCLUDES:

- ☑ Standing
- ☑ Seated in Wheelchair
- ☑ Seated in Chair

SEATED LEG LIFTS



SIDE LEG LIFT HIP ABDUCTION



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- 1. Start by lying on your side with one hand supporting your head and one hand on the floor in front of you.
- 2. Keeping your legs straight, lift your top leg.
- 3. Repeat _____ times.
- 4. Repeat on the other side.

LOWER EXTREMITY SCOOTER BOARD

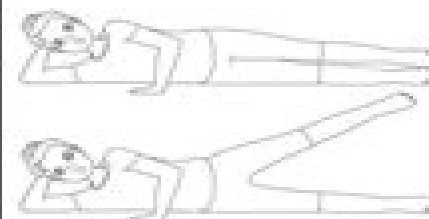


REVERSE CRUNCH



- 1. Start by lying on the floor with legs lifted to a 90 degree hip and 90 degree knee position, hands at your sides.
- 2. Using your stomach muscles, lift your bottom off of the floor and gently return to the starting position.
- 3. Repeat _____ times.

SIDE LEG LIFT HIP ABDUCTION



SEATED MARCHES



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- 1. Start in a seated position in your chair with hands beside you on the seat.
- 2. Lift legs alternately in a marching fashion.
- 3. Repeat _____ times.

Posters
»»» 1 PER PAGE

The Extremities

CH Cherryholmes



The Extremities:

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The Extremities Introduction

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