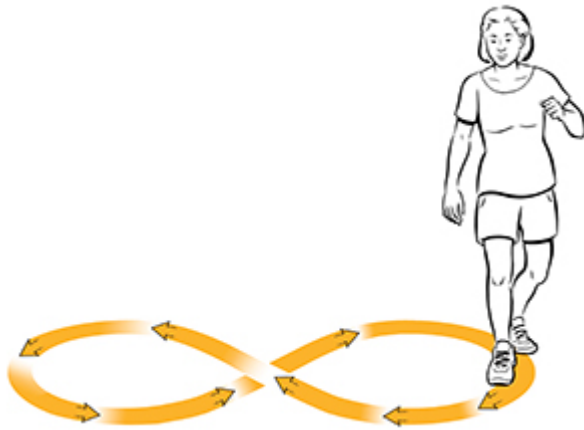


## Exercises to Increase Agility: Figure 8s



This exercise helps increase how easily and quickly you can move. It copies complex everyday movements. This exercise was chosen for you based on the type of activities you'll be doing:

- Follow a large figure 8 at a slow jog or brisk walk. You can use cones as needed to do this.
- Keep at it for 2 to 3 minutes. Then reverse directions.
- Gradually decrease the size of the figure 8 and increase your speed and time.



### Note

Always warm up before and after exercising. Also stretch before and after. Ask your healthcare provider how to warm up and stretch. Also ask how long to warm up and stretch. Stop any exercise that causes pain and tell your healthcare provider. This exercise can put stress on your knee.

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