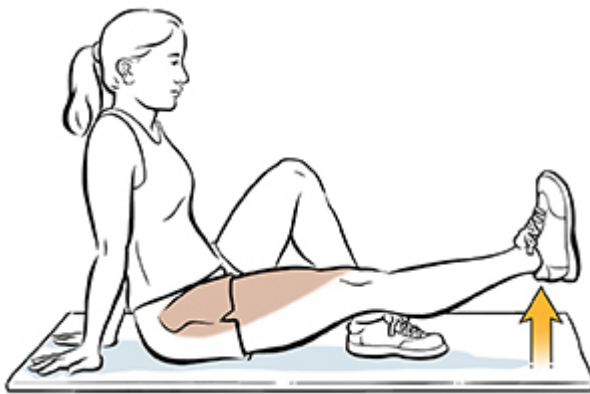


Straight Leg Raise



These instructions are for your right thigh. Switch sides for your left thigh.

1. Sit on the floor with your right leg straight in front of you. Bend your left knee up and put your left foot flat on the floor.
2. Flex your right foot and tighten the thigh muscles of your right leg. Raise your right leg 6 to 8 inches off the floor. Don't arch your back or hunch your shoulders.
3. Hold the right leg in the air for 10 seconds if you can. Then lower the leg slowly and steadily down to the floor. Relax.
4. Repeat 5 times.
5. Do this exercise 3 times a day, or as instructed.



Tip: You can also do this exercise with your toes turned out to make the inner thigh muscles stronger.

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