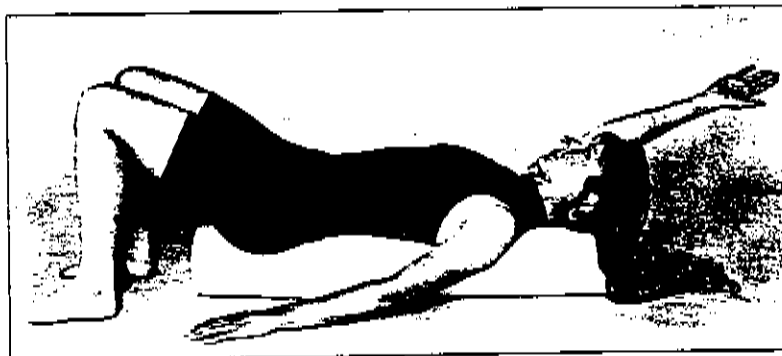


SUPINE EXERCISES

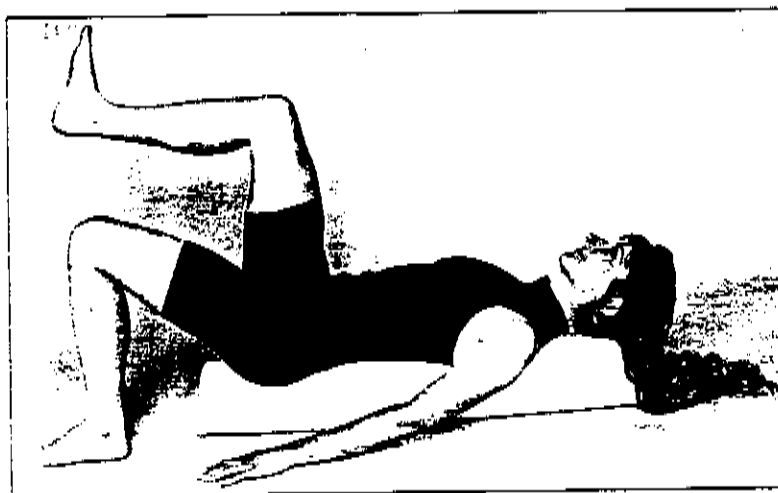
UNILATERAL ARM RAISE:

- Raise one arm, then alternate raising and lowering arms.



UNILATERAL KNEE LIFT:

- Raise one knee toward chest, maintaining a 90 degree angle between knee & hip.
- Alternate raising knees to chest.
- Place arms *lightly* on floor if necessary.



ALTERNATING ARM & KNEE LIFT:

- Raise one arm and opposite knee to chest.
- Slowly lower and repeat with opposite arm and leg.

