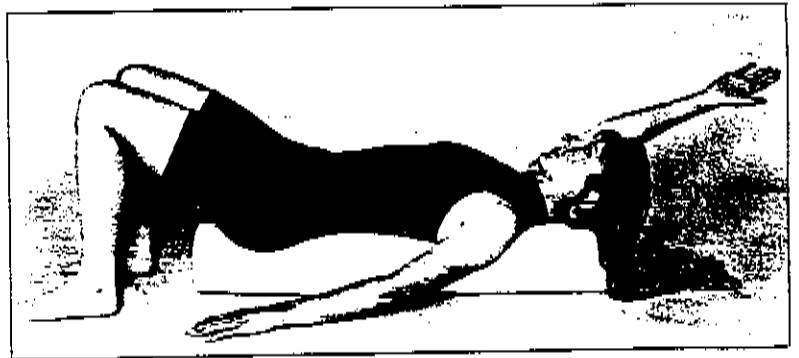


## SUPINE EXERCISES

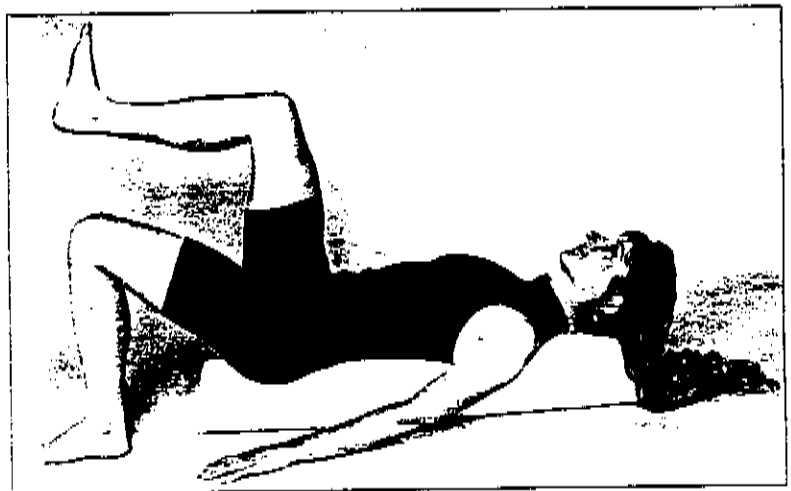
### **UNILATERAL ARM RAISE:**

- 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.

