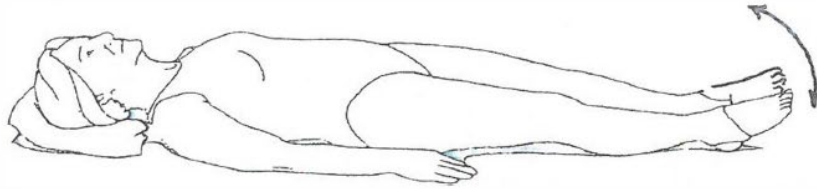


Supine Lying Strengthening Exercises

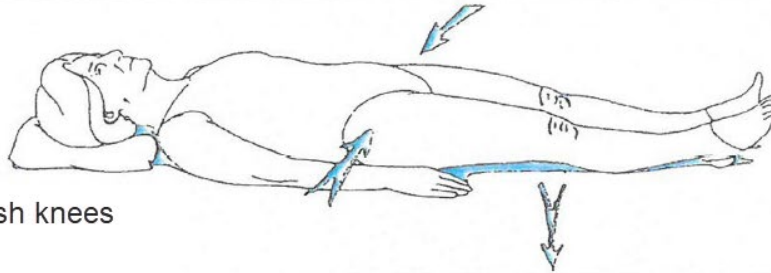
- Take your time completing each exercise with smooth movements.
- **Breathe! Do not** hold your breath when exercising.
- **Stop** exercises that cause increased pain and report to your therapist.

1.



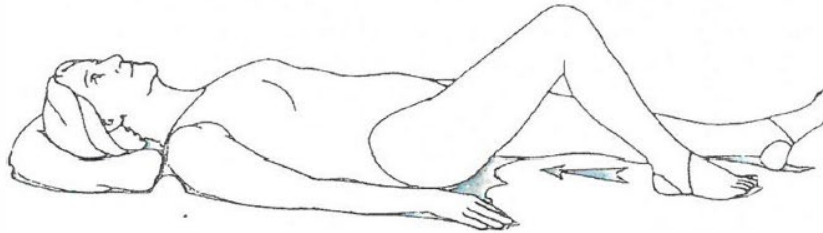
Pump ankles

2.



Squeeze buttocks and push knees onto bed

3.



Slide heels

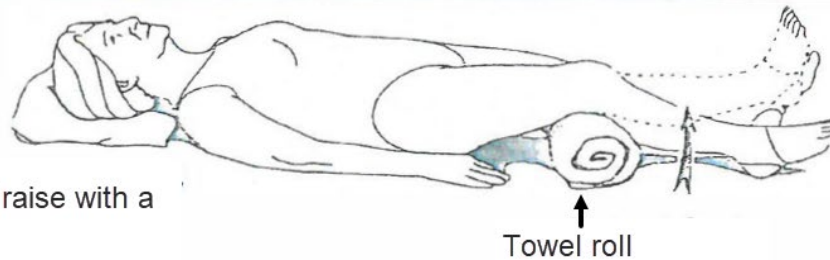
4.

Slide legs sideways with knees straight



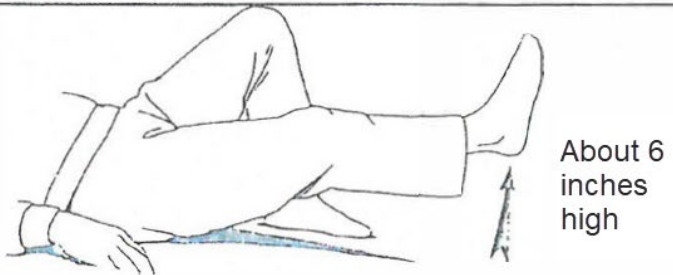
5.

Straighten knees and raise with a towel roll underneath



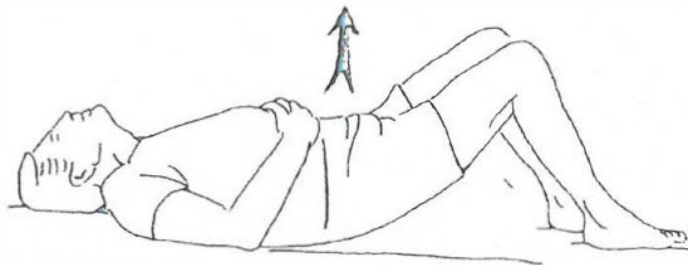
6.

Raise leg upward with leg straight



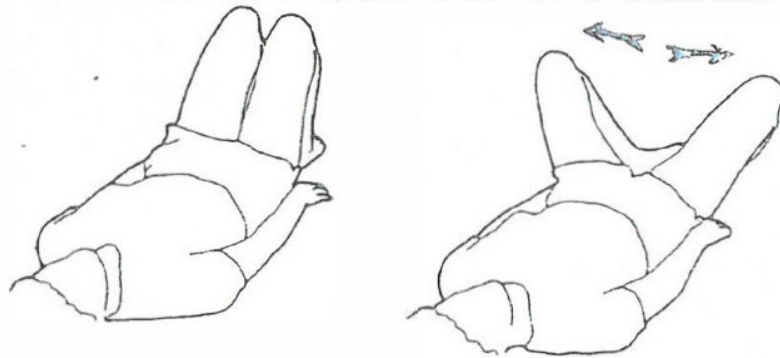
7.

Bridging-lift hips off the floor towards the ceiling/sky



8.

Move knees together and apart



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