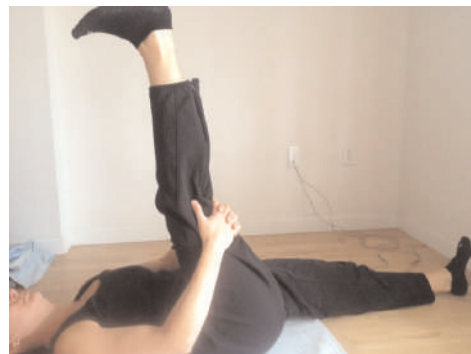


Active SLR Exercises

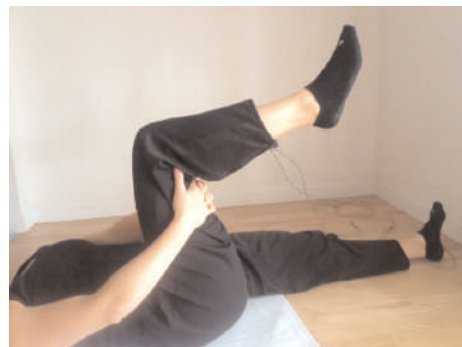
Single leg lowering



Supine Leg Raise with assistance 1



Supine Leg Raise with assistance 2



Perform 20 repetitions twice per day

www.youtube.com/watch?v=nIN0Gem5I3o