



Exercise 1 A: The “Clam”- Start lying on your side in hand stabilization



Exercise 1 B: The “Clam”- Raise your top leg up while keeping your feet glued together



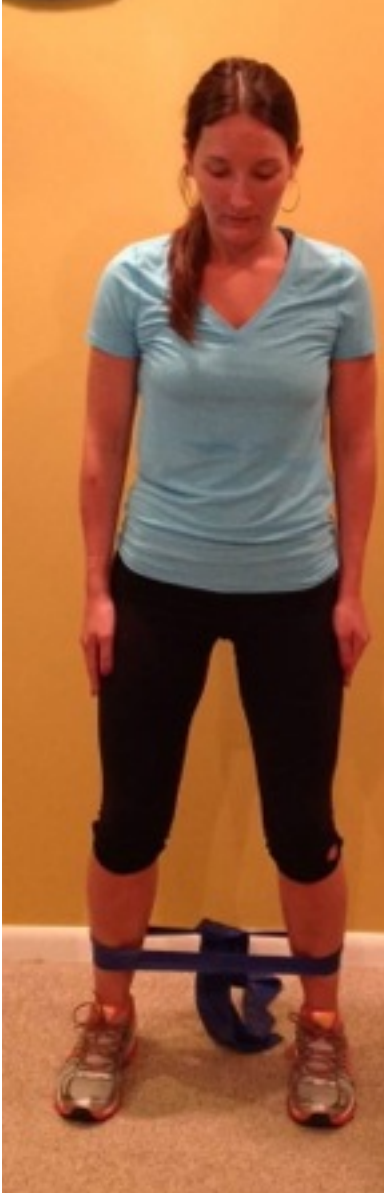
Exercise 2 A: Start side lying with your top foot pointed toward the floor



Exercise 2 B: Slowly raise and extend your top leg. Be sure to keep your foot pointed toward the floor.



Exercise 3 A: Use a Thera-Band to loosely tie your ankles together. Use a chair or the wall for balance.



Exercise 3 B: With the Thera-Band around your ankles take a small step to the side