



### Side Lying Leg Lifts

SETS	REPETITIONS per SET

17.



17. Lie on your right side, raise left leg to as near a vertical position as possible, repeat five times. Lie on left side and repeat the exercise raising right leg. Do as many sets or repetitions as recommended by your doctor.

### Back Strength Training



SETS	REPETITIONS per SET

18.



18. On hands and knees, draw one knee toward chest, flexing trunk and neck at same time. Then swing leg back to the outstretched position, extending neck and back at the same time. Do not extend the raised leg higher than level with floor. Repeat with other leg. Do as many sets or repetitions as recommended by your doctor.

### Cat Curl Exercise



SETS	REPETITIONS per SET

19.



19. Assume a kneeling position, resting on your hands and knees. Arch your back like a cat, drop your head at the same time. Then, as illustrated reverse the arch by bringing up your head and forming a "U" with your spine. Do as many sets or repetitions as recommended by your doctor.

### Oblique Abdominal Curl

20.



SETS	REPETITIONS per SET

20. Lie on back, knees bent, feet flat on the floor, hands behind neck. Begin to rotate your torso from a flat position with your right elbow reaching to the left side as illustrated. Hold for three to five seconds and then slowly relax. Turn in the opposite direction and repeat the exercise. Slowly relax back to the neutral position. Do as many sets or repetitions as recommended by your doctor.