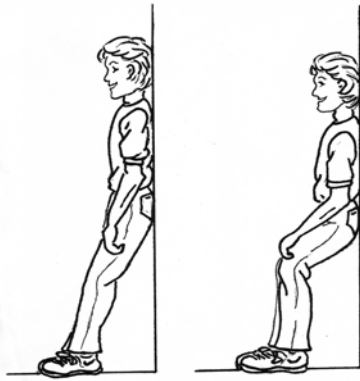


STRENGTHENING EXERCISES



Holding Up the Wall

- Stand with your back against a wall so that your feet are hip width apart and about 18 inches from the wall.
- Slowly slide down the wall until you are in a half “chair position”.
- Hold this position for 45 seconds.
- Do one repetition of this exercise, 3 times a day.



Holding Down the Chair

- Hold onto a chair for support.
- Stand with your right leg crossed in front of your left leg.
- Squeeze your legs together and hold for 45 seconds.
- Do one repetition of this exercise, 3 times a day.



Standing on Your Toes

- Hold onto the back of a chair for support.
- Stand with your feet 12 inches apart.
- Slowly raise up onto your toes as high as you can.
- Hold this position for 5-10 seconds.
- Put your feet back flat on the floor.
- Repeat this cycle 4 times, 3 times a day.

DYNA recommends that you check with your physician before starting any exercise program.