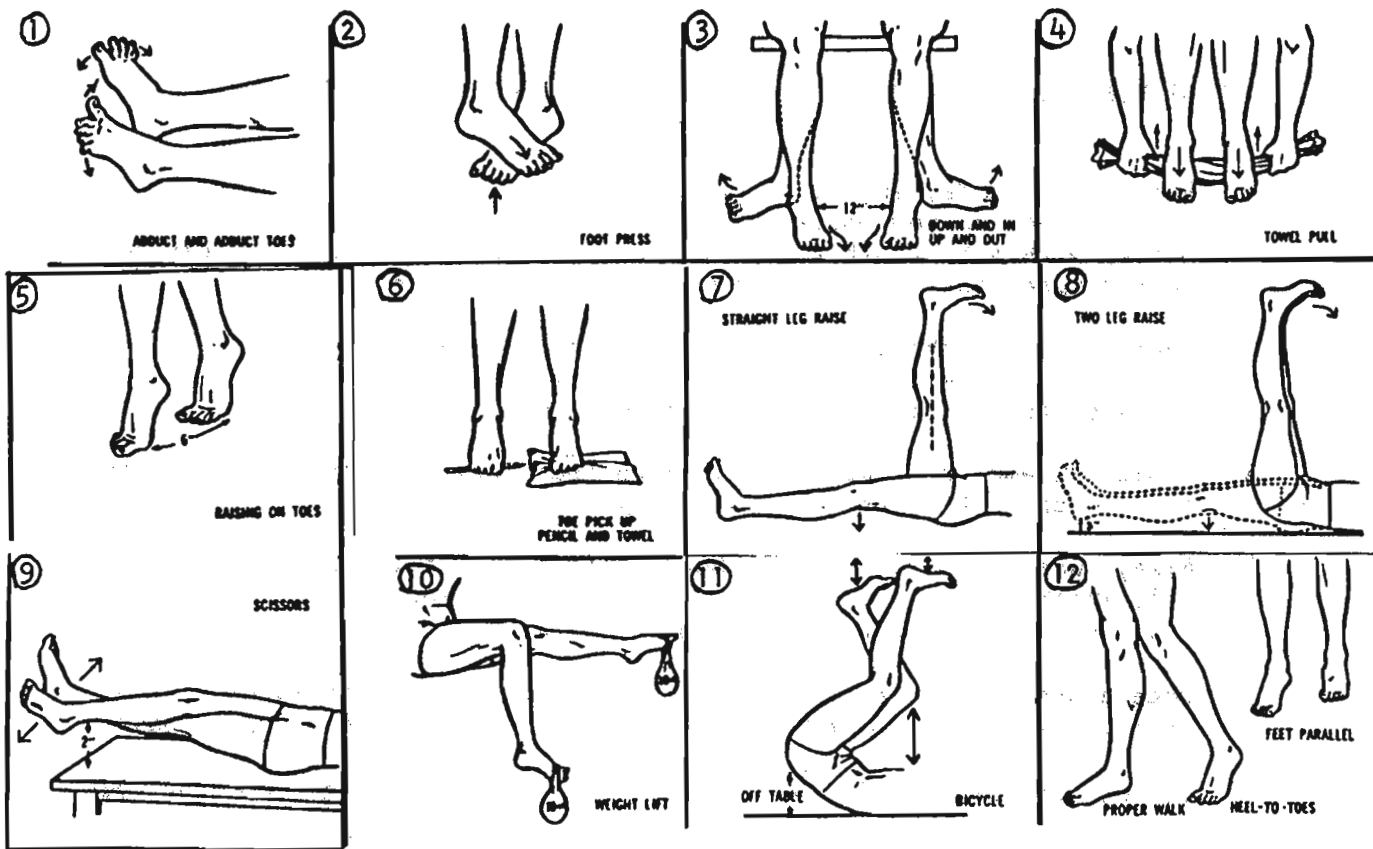


FOOT AND LEG EXERCISES



Exercises #1 to #6

Move ankles, feet and toes SLOWLY through these exercises.

Exercises #7 and #8

Raise one leg at a time, lowering slowly. Then raise both legs together and lower slowly.

Exercise #9

Raise legs up 2" from floor or bed and slowly cross and uncross them.

Exercise #10

With 10 pound weight across foot, elevate alternately the right leg, then the left leg, to 90°.

Exercise #12

When walking, keep feet parallel and finish step on the toes (not on ball of foot).