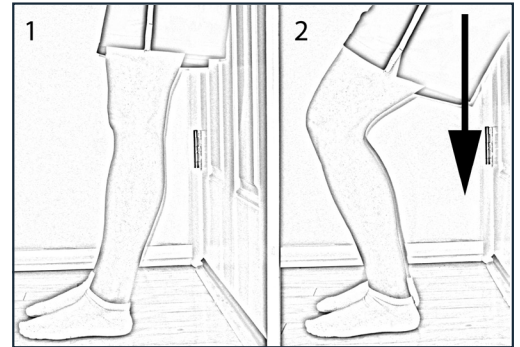


Thigh-strengthening Exercises

Wall Slides

1. Find a slick, vertical surface such as a door.
2. Stand with your back against the door and your feet about 12 inches away from the door. See diagram #1.
3. Make sure you are wearing shoes so your feet don't slide on the floor.
4. While leaning against the door, bend your knees and slide down **3 inches**. See diagram #2. Hold this position for the count of **5 seconds** and then stand back up to the starting position.
5. **Do two sets of 20, twice a day, five days a week.**



Isometric Quads (Knee Extensions)

1. Sit in a sturdy chair with your feet flat on the floor.
2. Straighten your leg out and tighten your thigh muscle. Hold this position for **5 seconds**. Then put your foot back on the floor and then do the other leg.
3. Be sure to do these on both legs, one leg at a time.
4. **Do two sets of 20, twice a day, five days a week.**

