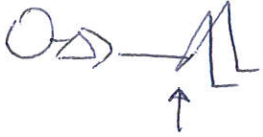




**BODY IN
MOTION
PHYSIO & REHAB**

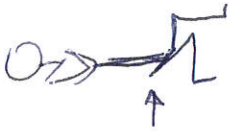
"Keeping You Moving"



LIFT BOTTOM OFF BED x10



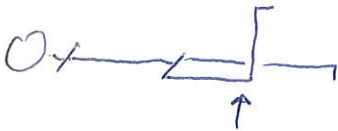
LIFT BOTTOM IN AIR.
LIFT ONE LEG IN AIR.
ALTERNATE LEGS. x10



LIFT BOTTOM WITH ONE LEG x10



LY ON SIDE
HIP, KNEE + ANKLE LEVEL
EXTEND HIP.



LY ON STOMACH
LIFT KNEE OFF BED.



BAND AROUND THIGHS
- SIT TO STAND x10
- SQUATS x10

x1-2 / DAY.

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