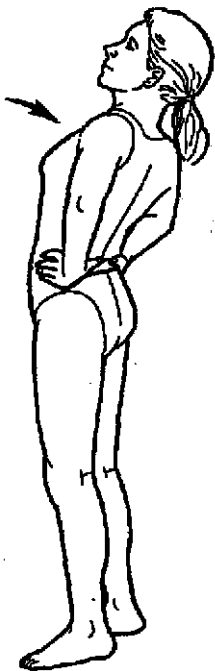
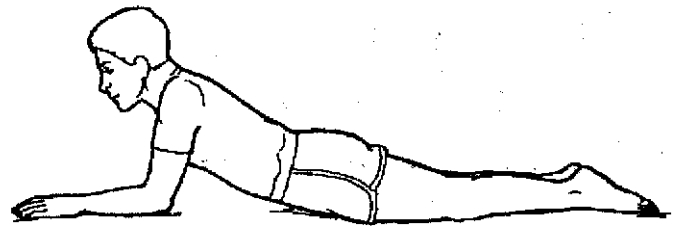




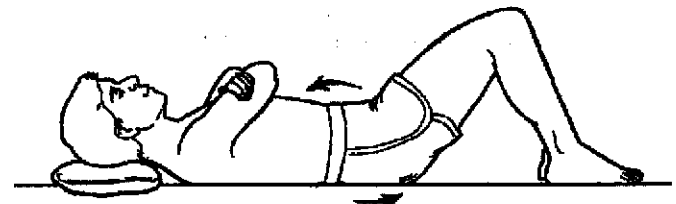
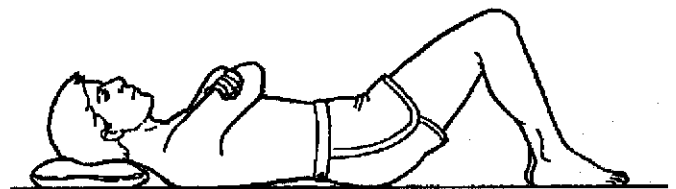
CU SPORTS MEDICINE
General Exercises

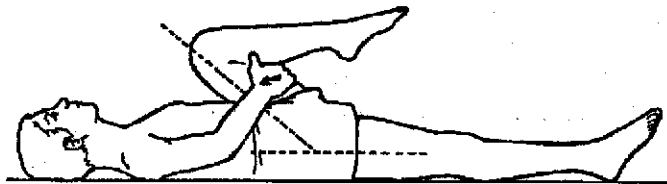
- Assume the position pictured.
- Hold for _____ seconds or minutes.
- Do _____ repetitions, _____ times each day.



- Place your thumbs firmly against your lower back as shown. (Place them at a specific level if instructed to do so by an exercise provider.)
- Bend backwards until you feel a stretch.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.

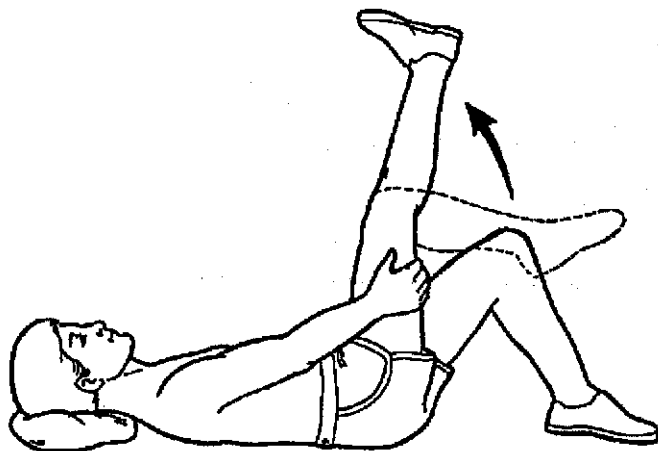
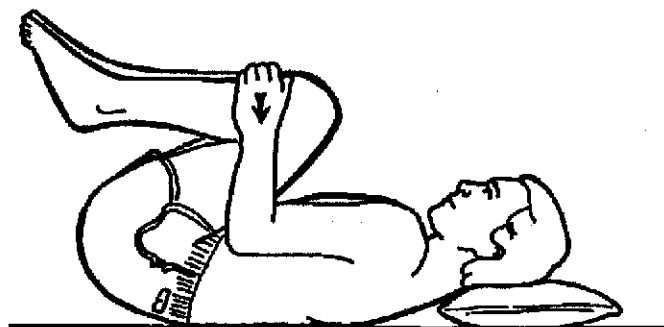
- Lie on your back with your knees bent.
- Tighten your abdominal muscles, squeeze your buttock muscles, and flatten your back as shown.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.





- Lie on your back.
- Pull your _____ knee up toward your chest as far as you can.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.

- Lie on your back.
- Pull your knees up toward your chest as far as you can.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.



- Lie on your back holding your _____ knee with your hands as shown.
- Keep the opposite knee bent.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.