

Sit to Stand Thigh Support



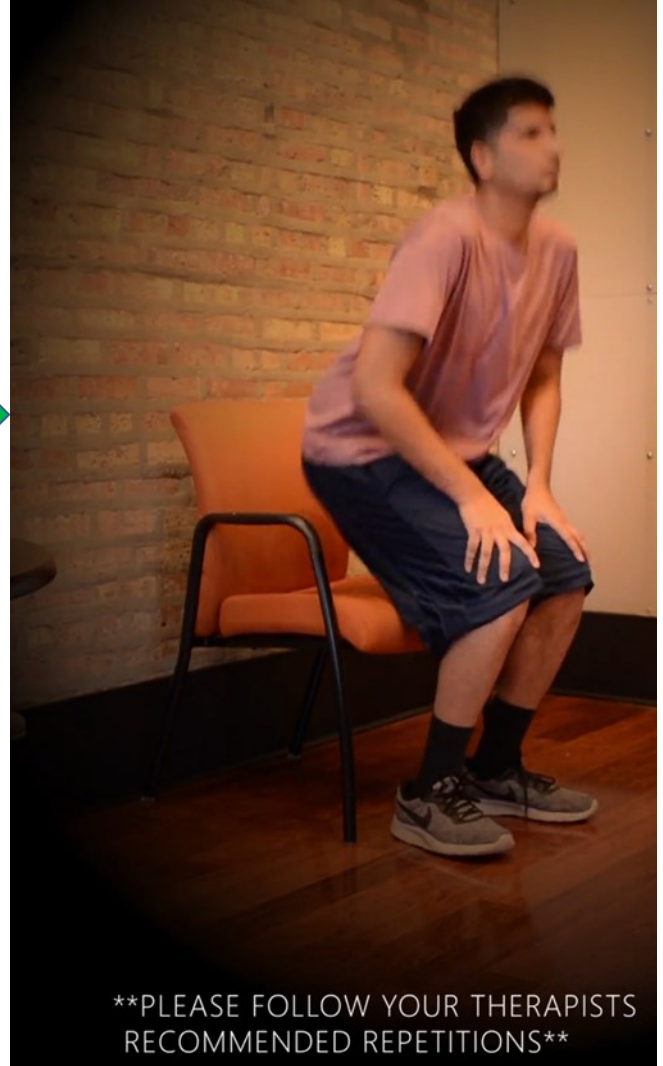
**PLEASE FOLLOW YOUR THERAPISTS
RECOMMENDED REPETITIONS**

**Start by sitting in a chair and
place your hands on your
thighs.**

_____ Sets

_____ Repetitions

Sit to Stand Thigh Support



**PLEASE FOLLOW YOUR THERAPISTS
RECOMMENDED REPETITIONS**

**Rise up to standing using
your hands for support. Sit
back down slowly using
your hands for support on
your thighs.**

