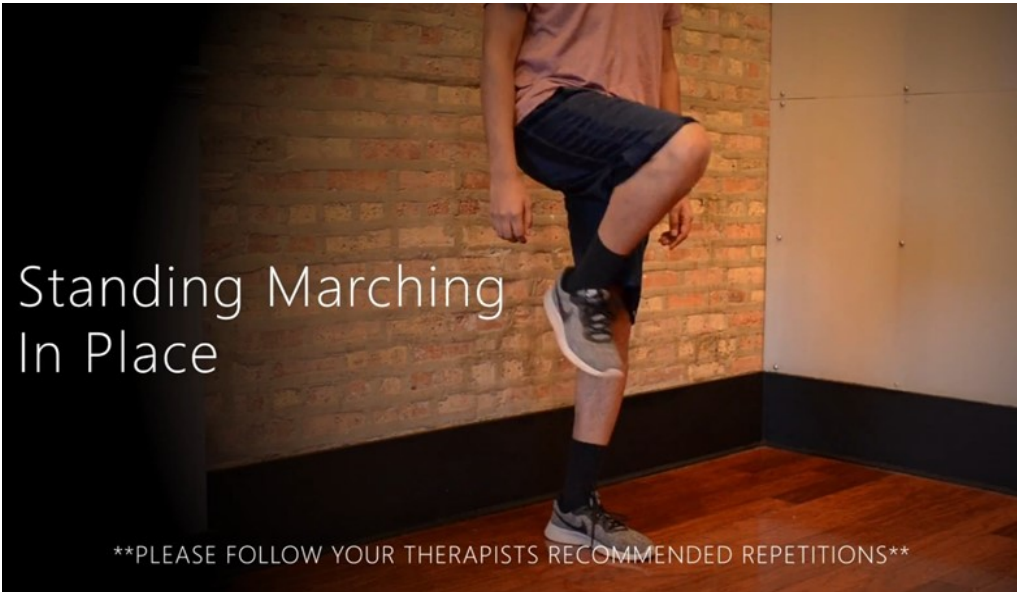


While standing, place your hands somewhere stable such as a chair.

****PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS****



March in place slowly by alternating both legs with high knees.

****PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS****

_____ **Sets**

_____ **Repetitions**

