

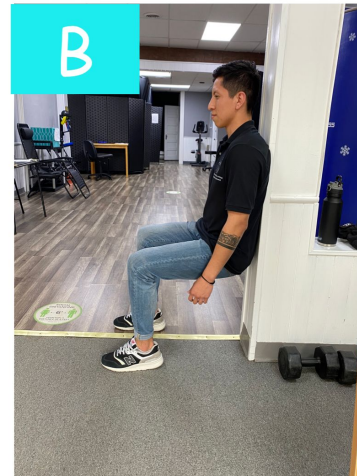
Exercises to Strengthen Knees & Hips

Wall Squats



1. Begin by leaning against a flat wall with your head, shoulders, back, and hips against the wall
2. Walk your feet out in front of you

Wall Squats



1. Slowly slide down the wall into a squat. Don't let knees go past toes.
2. Hold for 5 seconds
3. Return to standing position