

## Scissors

Lie on the ground on your side, make sure your shoulders and rear are pressed up against the wall. Slightly bend your bottom leg for stability. Straighten out your top leg and slowly raise it while gliding your heel against the wall. Your foot should be parallel to the floor. **Slowly** raise your leg to a count of 4, as high as is comfortable, Then just as **slow** on the way down. Don't forget to continue breathing.

Frequency: 12 repetitions, 3 sets each, daily. Increase by 3 repetitions every 4 days, as tolerated.

