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Lie on your side in a 90/90 position (knees and hips bent to 90 °).  
Move your leg as if you were peddling a bike. Then repeat the same in the  
opposite direction.



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Lie on your side and place the bottom leg at 90 degrees of hip and knee flexion.  
Lift one leg and create circles with the leg as if you were going around a clock.  
This movement can be performed in both directions.  
Return and repeat.



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