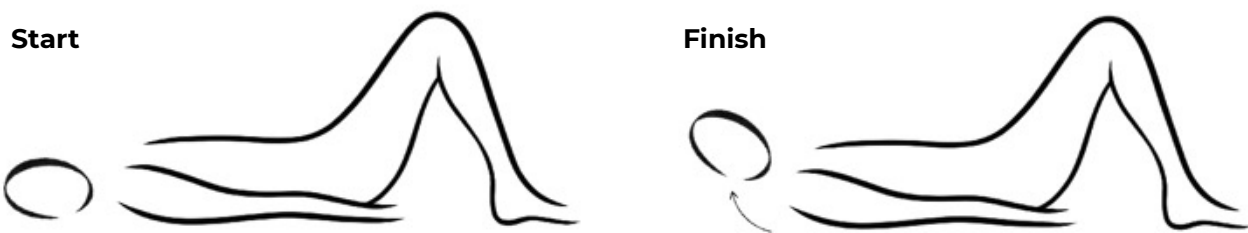


ABDOMINAL SURGICAL RECOVERY EXERCISE HANDOUT

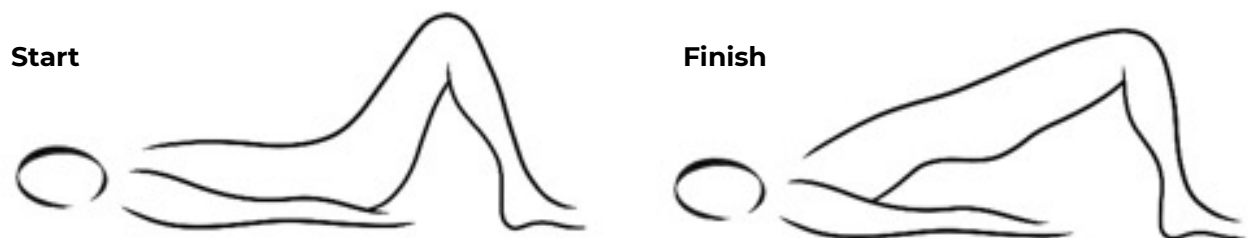
HEAD LIFTS WHILE LYING ON THE BED:

Try 10, rest, repeat.



BUTT LIFTS/BRIDGES:

Try 10, rest, repeat.



KNEE TWISTS:

Lie down with your knees bent and feet flat on floor and stretch your arms out into a "T" position. From this starting position, allow your knees to drop to the right side, return them to center, drop your knees to left side, and return them to center again. Repeat 10 per side, rest, and repeat.

