



Rehabilitative Exercises | Extremity Exercises

E10 Fire Hydrant

1



2



- 1- Kneel down on your hands and knees. While keeping your spine in a neutral position take one knee to the height of your back. Bring it back down and repeat ____ times.
- 2- Next lift the other knee to the height of your back and back down. Repeat ____ times.
- 3- Repeat whole exercise _____ times a day.