

SOTAI

THE BICYCLE

Person sitting with feet flat on the floor. Hands on thighs, palms up.



1. We ask patient to lift one leg as much as possible without twisting the trunk.



2. We ask the patient to lift the other leg to check which of the two legs is easier or more comfortable to lift off the floor.



プロ 3. The exercise consists on lifting the chosen leg and, **at the same time**, pushing against the floor with the other leg.

ロ 4. To apply resistance, we push slightly the raised leg and pull up the other leg.



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