

## GETTING UP FROM A KNEELING POSITION

If you are like most people, the older you get the more your knees ache and pain. <u>To</u> protect your knees as you rise from a kneeling position, always Bridge one or both <u>hands to something solid</u>. You can even Bridge one hand to a shelf and the other to your thigh. That way your upper body strength helps you to rise, protecting your knees!

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