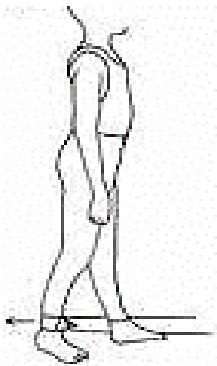


Standing Hip Adduction with resistance

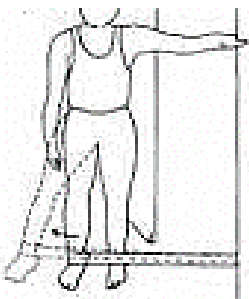
- Hang onto the back of a chair, countertop, railing, etc. if needed
- Tighten stomach muscles & buttock to stabilize trunk
- Place tubing around the ankle and keep the opposite knee slightly bent
- Keep head, shoulders, hips, knees, ankle, & toes straight ahead
- Start with tubing leg out to the side and pull inward with appropriate resistance but DO NOT cross the midline of your body touching the other leg
- Move slowly through the motion holding for 3-5 seconds at a pain free end range
- DO NOT arch your back-all of the movement is at the hip

Standing Hip Extension with resistance



- Hang onto the back of a chair, countertop, railing, etc. if needed
- Tighten stomach muscles & buttock to stabilize trunk
- Place tubing around the ankle and keep the opposite knee slightly bent
- Keep head, shoulders, hips, knees, ankle, & toes straight ahead
- Start with the tubing leg in front and move leg backward only 6-12 inches behind the opposite heel with appropriate resistance
- Move slowly through the motion holding for 3-5 seconds at a pain free end range
- DO NOT arch your back-all of the movement is at the hip

Standing Hip Abduction with resistance



- Hang onto the back of a chair, countertop, railing, etc. if needed
- Tighten stomach muscles & buttock to stabilize trunk
- Place tubing around the ankle and keep the opposite knee slightly bent
- Keep head, shoulders, hips, knees, ankle, & toes straight ahead
- Start with the tubing leg slightly behind the stationary leg to allow the tubing to move freely and move the tubing leg outward with appropriate resistance
- Move slowly through the motion holding for 3-5 seconds at a pain free end range
- DO NOT arch your back-all of the movement is at the hip

Standing Hip Flexion with resistance



- Hang onto the back of a chair, countertop, railing, etc. if needed
- Tighten stomach muscles & buttock to stabilize trunk
- Place tubing around the ankle and keep the opposite knee slightly bent
- Keep head, shoulders, hips, knees, ankle, & toes straight ahead
- Start with feet together and move leg forward with appropriate resistance
- Move slowly through the motion holding for 3-5 seconds at a pain free end range
- DO NOT arch your back-all of the movement is at the hip