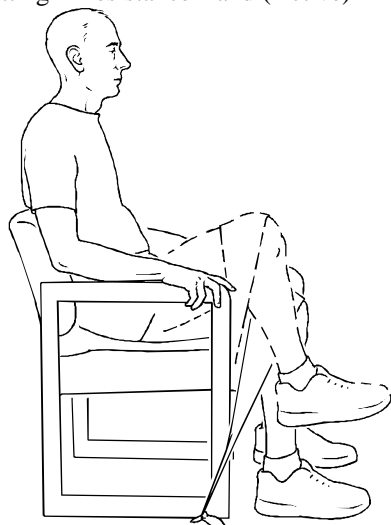


HIP - 11 FLEXION: Sitting – Resistance Band (Active)

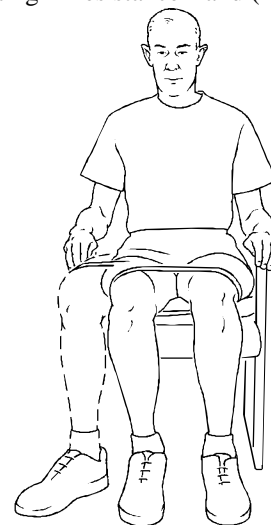
Sit, both feet flat.
Against yellow resistance band, lift right knee toward ceiling.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

HIP - 53 ABDUCTION: Sitting – Resistance Band (Active)

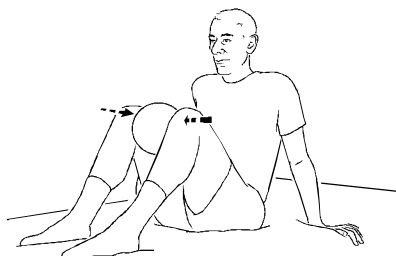
Sit with feet flat.
Lift right leg slightly and, against yellow resistance band, draw it out to side.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

HIP - 63 ADDUCTION: Isometric

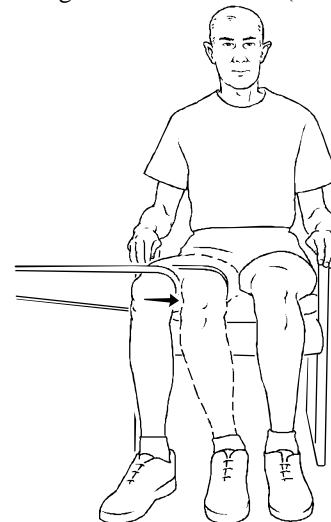
With ball between knees, squeeze them inward. Hold ____ seconds.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

HIP - 70 ADDUCTION: Sitting – Resistance Band (Active)

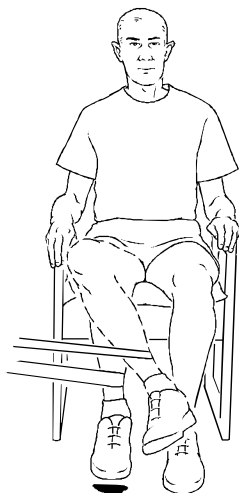
Sit, right leg out to side as far as possible. Against yellow resistance band, draw leg inward.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

HIP - 84 EXTERNAL ROTATION: Sitting Resistance Band (Active)

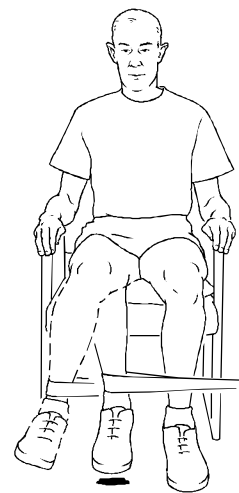
Sit, feet flat. Lift right knee and, against yellow resistance band, move foot inward toward opposite knee.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

HIP - 99 INTERNAL ROTATION: Sitting Resistance Band (Active)

Sit, feet flat. Lift right leg slightly and, against yellow resistance band, move foot outward.



Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.