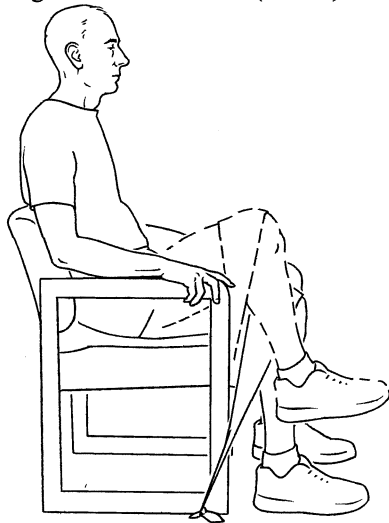


HIP - 11 FLEXION: Sitting – Resistance Band (Active)

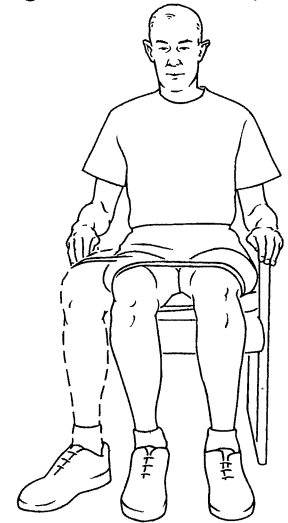
Sit, both feet flat.
Against yellow
resistance band,
lift right knee
toward ceiling.



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

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

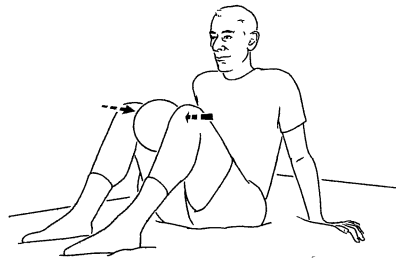
Sit with feet flat.
Lift right leg slightly
and, against yellow
resistance band,
draw it out to side.



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

HIP - 63 ADDUCTION: Isometric

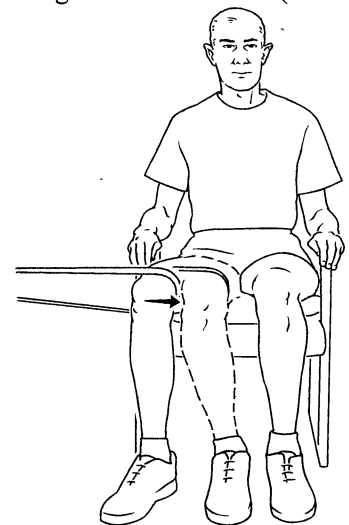
With ball between
knees, squeeze them
inward. Hold ____
seconds.



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

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

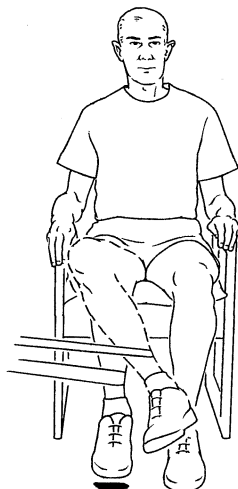
Sit, right leg out
to side as far as
possible. Against
yellow resistance
band, draw leg
inward.



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

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

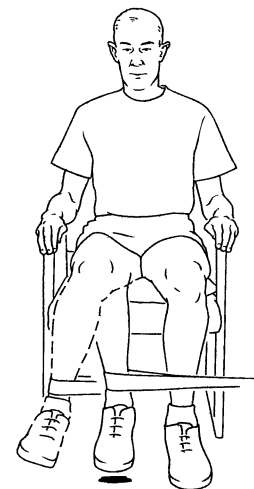
Sit, feet flat. Lift
right knee and,
against yellow
resistance band,
move foot inward
toward opposite knee.



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.