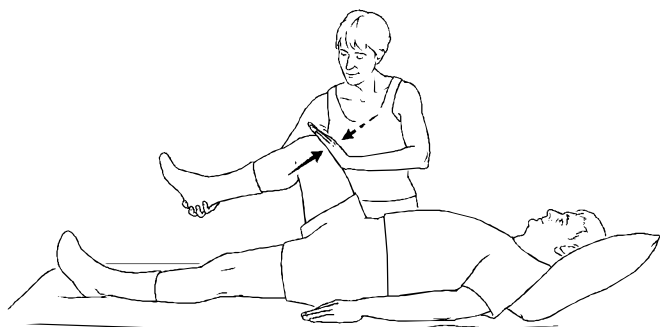


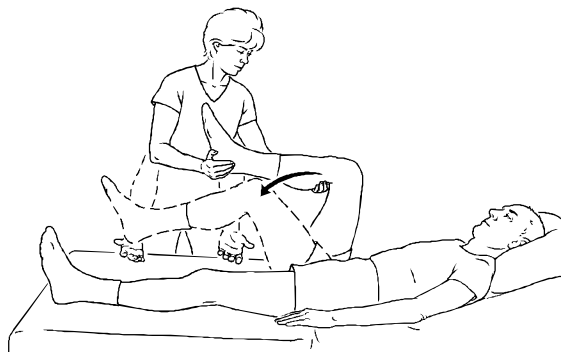
HIP - 4 FLEXION: Supine (Manual Resistance)



Lie on back, legs straight. Against resistance, draw right knee toward chest.

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

HIP - 5 FLEXION: Supine (Eccentric)

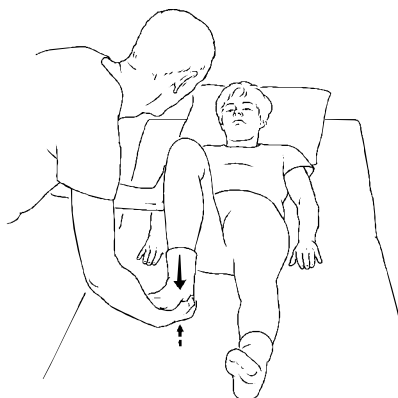


Lie on back, legs straight. Draw right knee toward chest with assistance. Slowly lower to the surface over ____ seconds.

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

HIP - 20 EXTENSION: Supine – Knee Flexed (Manual Resistance)

Lie on back. With assistance begin with right leg fully bent. Drive leg downward against resistance.



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

HIP - 26 EXTENSION: Side-Lying – Knee Extended (Manual Resistance)

Lie on left side. Against resistance, draw top, straight leg back as far as possible.



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

HIP - 27 EXTENSION: Side-Lying – Knee Flexed (Manual Resistance)

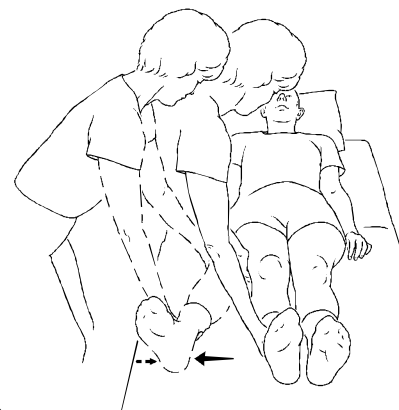
Lie on left side. Against resistance, draw top, bent leg backward as far as possible.



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

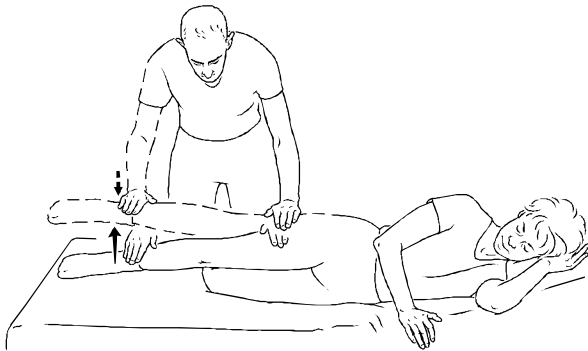
HIP - 46 ABDUCTION: Supine (Manual Resistance)

Lie on back, legs straight. Against resistance, draw right leg out to the side as far as possible.



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

HIP - 49 ABDUCTION: Side-Lying (Manual Resistance)

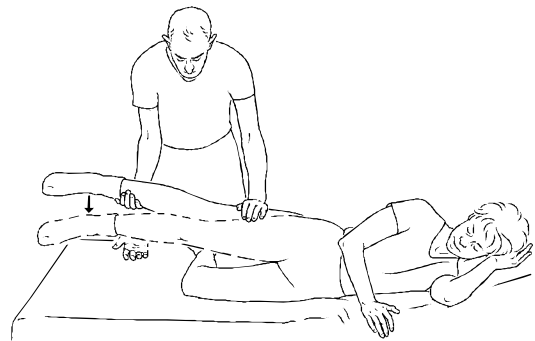


Lie on left side, top leg straight. Against resistance, raise top leg as far as possible.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 50 ABDUCTION: Side-Lying (Eccentric)

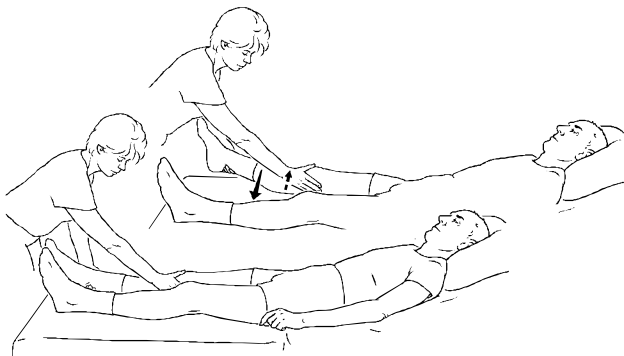


Lie on left side, top leg straight. and raised as high as possible with assistance. Slowly lower over ____ seconds.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 64 ADDUCTION: Supine (Manual Resistance)

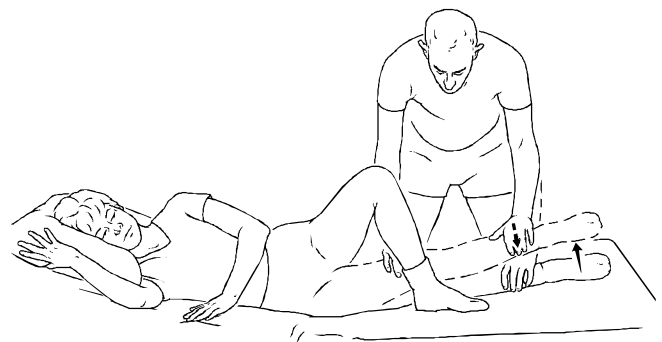


Lie on back, right leg out to the side as far as possible. Against resistance, draw leg inward.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 66 ADDUCTION: Side-Lying (Manual Resistance)

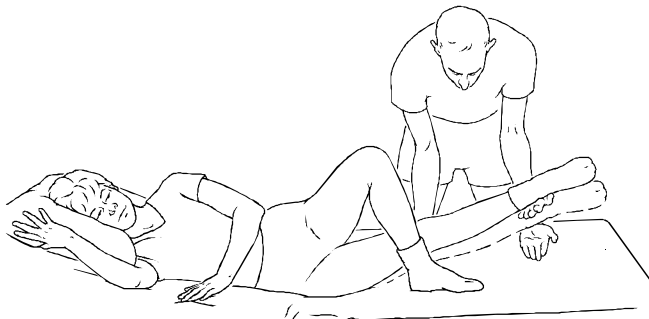


Lie on right side, with top leg bent and in front of other leg. Against resistance, lift straight leg up as high as possible.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 67 ADDUCTION: Side-Lying (Eccentric)



Lie on right side, with top leg bent and in front of other leg. With assistance, lift straight leg up as high as possible. Slowly lower over ____ seconds.

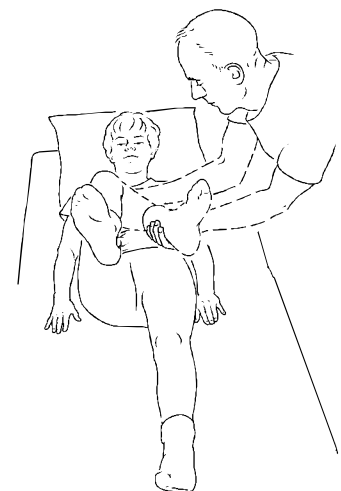
Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 80 EXTERNAL ROTATION: Supine (Active – Assistance)

Lie on back. With assistance, bend right knee and hip to 90° and move foot inward.

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



HIP - 79 EXTERNAL ROTATION: Supine
(Manual Resistance)

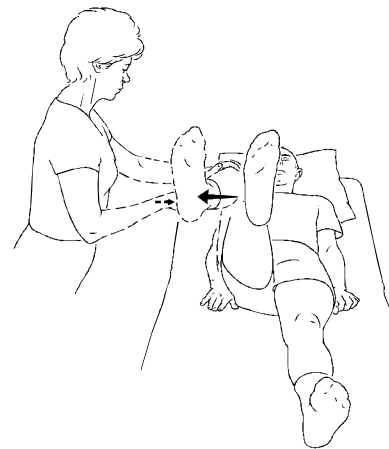
Lie on back, right knee and hip bent to 90°. Against resistance, move foot inward.



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

HIP - 94 INTERNAL ROTATION: Supine
(Manual Resistance)

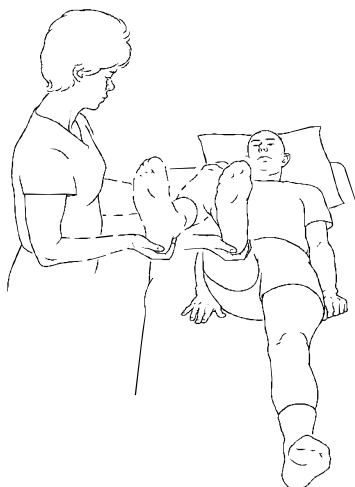
Lie on back, right knee and hip bent to 90°. Against resistance, move foot outward.



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

HIP - 95 INTERNAL ROTATION: Supine
(Active – Assistance)

Lie on back.
With assistance bend right knee and hip to 90° and move foot outward.



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