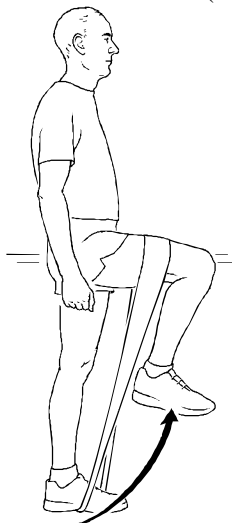


HIP - 18 FLEXION: Standing – Resistance Band (Active)

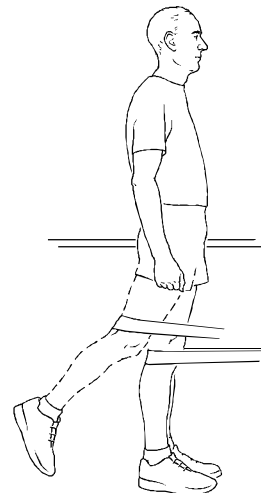
Stand, both feet flat. Against yellow resistance band, lift right knee toward ceiling.



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

HIP - 42 EXTENSION: Standing Resistance Band (Active)

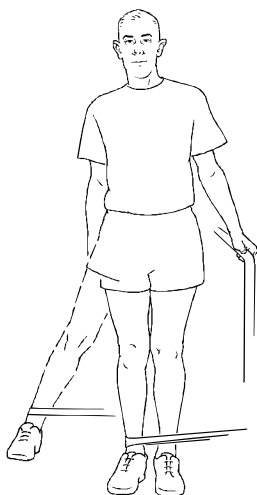
Stand, both feet flat. Against yellow resistance band, draw right leg behind body as far as possible.



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

HIP - 59 ABDUCTION: Standing – Resistance Band (Active)

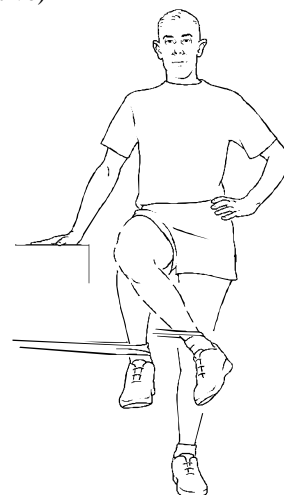
Stand, feet flat. Against yellow resistance band, lift right leg out to side.



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

HIP - 91 EXTERNAL ROTATION: Standing Stable: Resistance Band (Active)

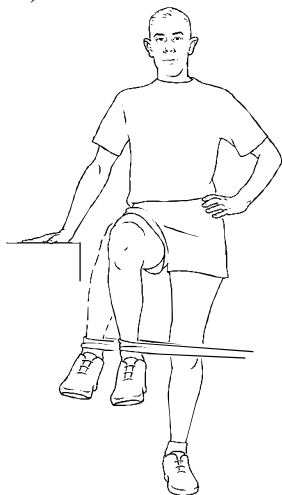
Stand, right knee lifted to 90°. Against yellow resistance band, move foot inward.



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

HIP - 106 INTERNAL ROTATION: Standing Stable: Resistance Band (Active)

Stand, right knee lifted to 90°. Against yellow resistance band, move foot outward.



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