

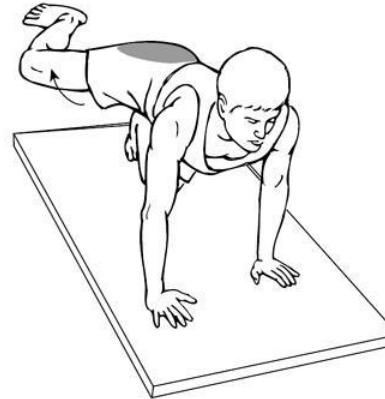
Date:
Patient Name:

STRENGTH • Hip Abduction



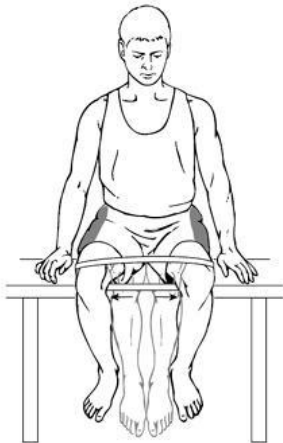
1. Lie on your side as shown with the injured/weak leg on top.
2. Bend the bottom knee slightly for balance. Roll your top hip slightly forward.
3. Lift your top leg straight up, leading with your heel. Do not let it come forward. Hold this position for _____ seconds.
4. Slowly lower your leg to the starting position.
5. Repeat exercise _____ times, _____ times per day.

STRENGTH • Hip Abduction in Quadriped



1. Position yourself on your hands and knees as shown.
2. Keeping your knee bent, lift it up and out to the side from the hip. Hold this position for _____ seconds.
3. Slowly lower your knee to the starting position.
4. Repeat exercise _____ times, _____ times per day.

STRENGTH • Hip Abductors



1. Sit on a chair or table as shown.
2. Place the rubber tubing/band around your thighs just above your knees.
3. Spread your legs as wide as possible. Hold this position for _____ seconds.
4. Slowly return to the starting position.
5. Repeat exercise _____ times, _____ times per day.