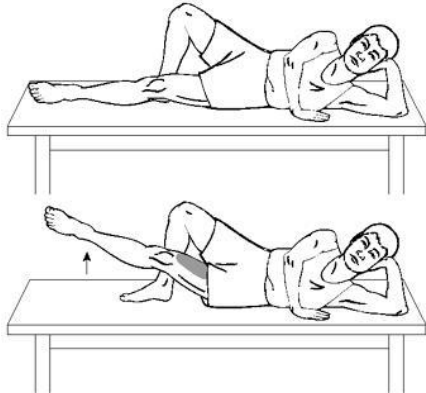


Date:  
Patient Name:



**STRENGTH • Hip Adduction**

1. Lie on your side as shown with the injured/weak leg on the bottom.
2. Place the foot of your top leg flat on the floor for balance. It may be in front or behind the bottom leg.
3. Lift the bottom leg as shown. Hold this position for \_\_\_\_\_ seconds.
4. Slowly lower your leg to the starting position.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**STRENGTH • Seated Hip Adduction**

1. Sit on a chair and place a large ball (volleyball or basketball size) between your legs as shown.
2. Squeeze your thighs together.
3. Hold this position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.