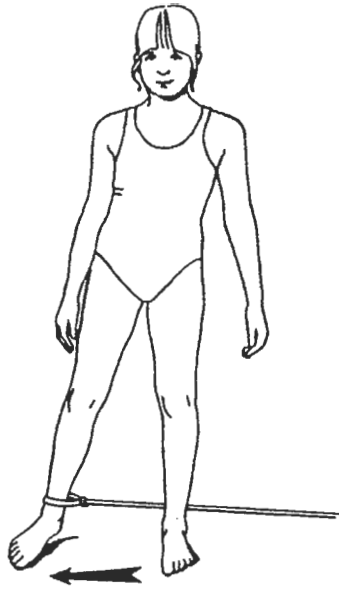


HIP and KNEE - 27
Strengthening
Resisted Hip Abduction

With tubing about involved leg and opposite end secured in doorjamb, stand sideways from door and extend leg out to the side.

Repeat _____ times.
Do _____ sessions per day.

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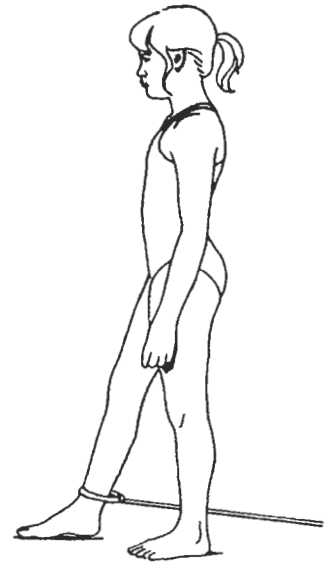


HIP and KNEE - 29
Strengthening
Resisted Hip Flexion

With tubing around involved ankle and opposite end secured in doorjamb, bring leg forward, keeping knee straight.

Repeat _____ times.
Do _____ sessions per day.

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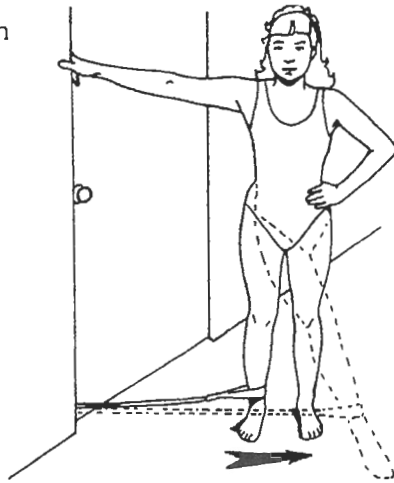


HIP and KNEE - 26
Strengthening
Resisted Hip Adduction

Bring leg across body and slowly return to starting position.

Repeat _____ times.
Do _____ sessions per day.

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HIP and KNEE - 28
Strengthening
Resisted Hip Extension

With tubing about involved ankle and opposite end secured in doorjamb, face door and pull leg straight back.

Repeat _____ times.
Do _____ sessions per day.

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