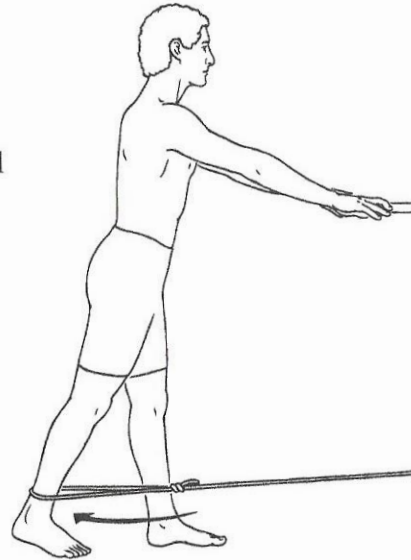


HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around right ankle, face anchor and pull leg straight back.

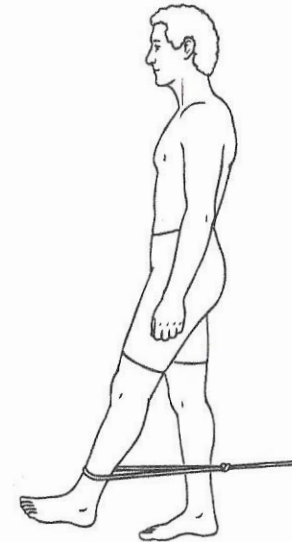
Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.



HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around right ankle, anchor behind, bring leg forward, keeping knee straight.

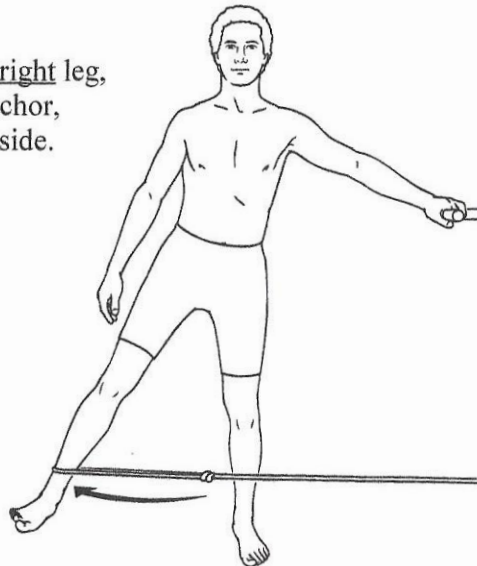
Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.



HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around right leg, other side toward anchor, extend leg out from side.

Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.



HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

With tubing around right leg, bring leg across body.

Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

