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## HIP STRENGTHENING EXERCISES: STAGE-2

### Extension

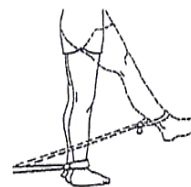
- Stand facing the table to which the tubing is attached. Adjust your distance away so the tension is pulling your involved leg slightly in front of you.
- Slowly pull leg directly back until it is behind you. Slowly return to the starting position.
- Repeat 10 times.



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### Flexion

- Stand with your back to the table to which the tubing is attached. Adjust your distance so the tension of the tubing is pulling your involved leg slightly behind you.
- Pull your leg forward until it is in front of you. Slowly return to the starting position.
- Repeat 10 times.



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### Adduction

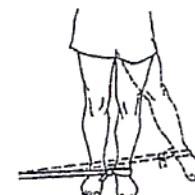
- Stand with tubing around the ankle of your involved side; adjust your distance so the tension of the tubing is pulling your leg out to the side.
- Pull your leg in, crossing over the other leg slightly. Slowly return to the starting position.
- Repeat 10 times.



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### Abduction

- Stand with the tubing around your involved leg. The tension of the tubing should be pulling your involved leg to the inside.
- Pull your leg out to your side as far as you can go. Slowly return to the starting position.
- Repeat 10 times.



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- ***The rubber tubing can be found at a medical supply store. The elastic band can be found at sporting goods stores.***
  - ***Dr. Gardner would like for you to perform all of the above exercises daily. For those that cause pain, discontinue and try again weekly. When/if they no longer hurt, add them to the routine.***