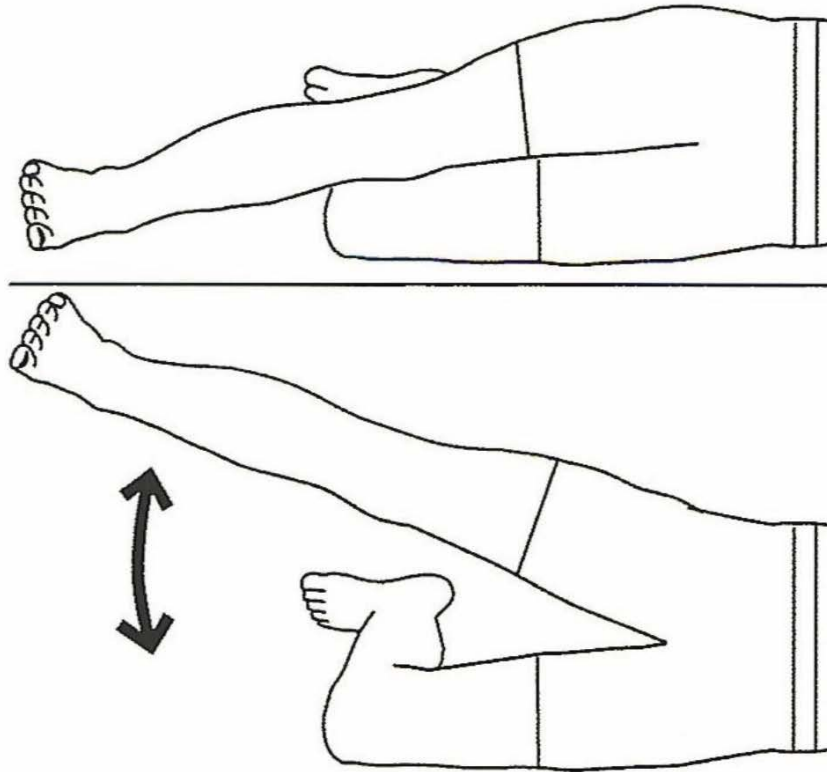


Sidelying Hip Abduction



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Perform 3 sets of 10 repetitions, once a day.

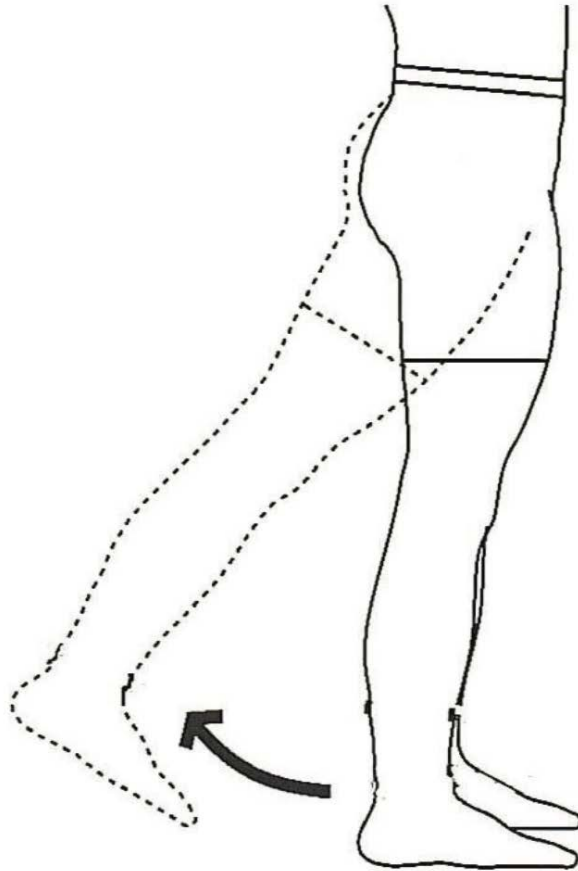
Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

Special Instructions:

Do not roll trunk forward or backward

Standing Hip Extension



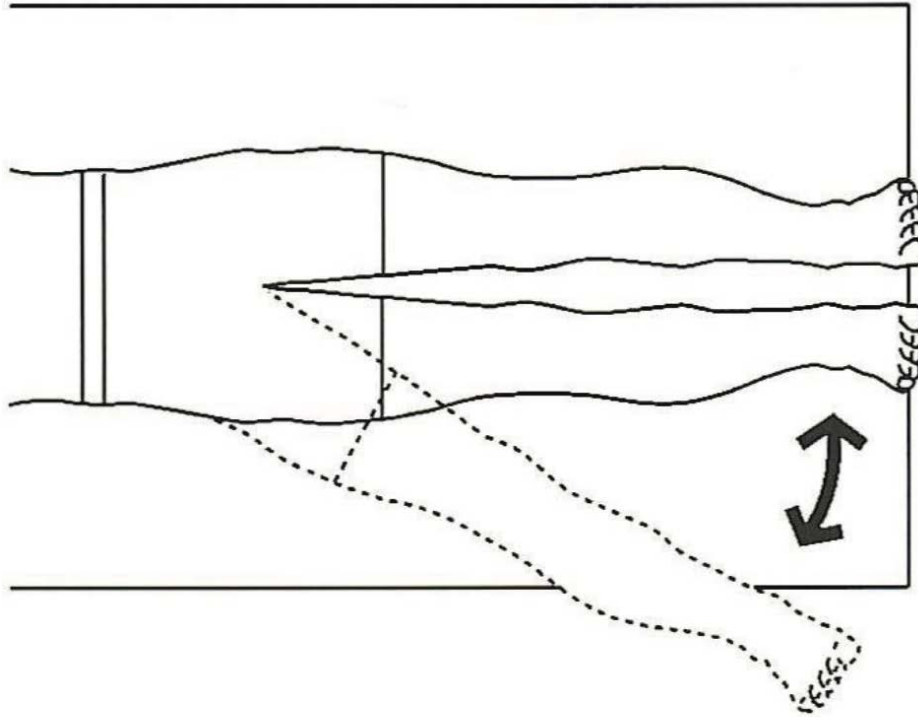
- Stand, hold onto table or wall for balance.
- Extend leg backward, keeping knee straight.
- Return to start position.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

Supine Hip Abduction



- Lie on back on firm surface, legs together.
- Move leg out to side, keeping knee straight.
- Return to start position.

Perform 3 sets of 10 repetitions, once a day.

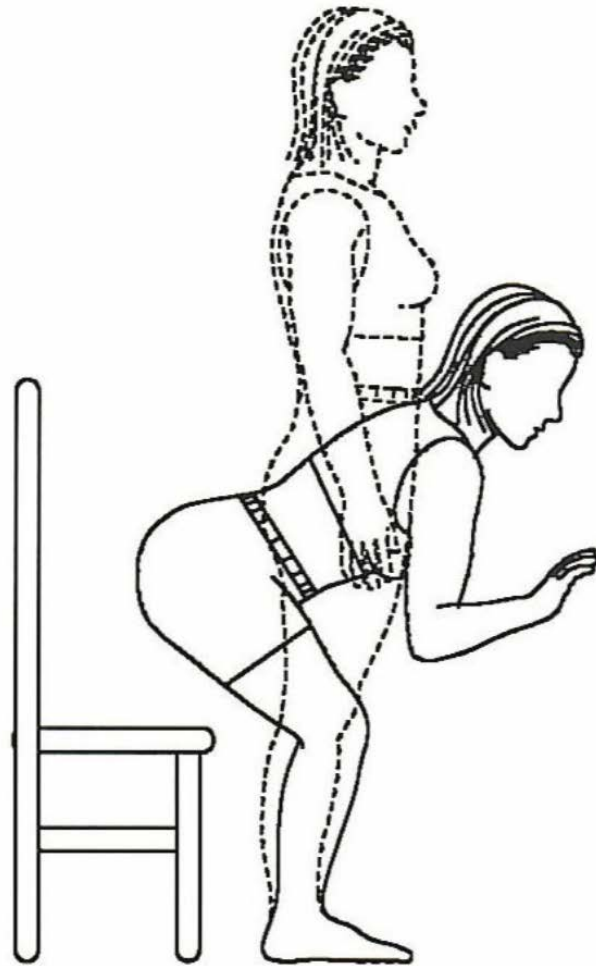
Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

Special Instructions:

Use a pillow case to reduce friction.

Sit to Stand



- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.