

Hip Flexion Eccentric - Straight Leg (Band)

Preparation:

- Stand with good posture, feet shoulder width apart
- Attach band to your leg

Execution:

- Reach your leg forward keeping your knee straight
- Slowly bring your leg back to the start



Reach leg forward, knee straight



SLOWLY lower leg against resistance

Hip Abduction Concentric (Band)

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold onto a support for balance if needed

Execution:

- Lift your leg out to the side
- Stop if your trunk starts to lean or bend
- Return to the starting position



Hold support if needed



Lift leg to side

Hip Extension Concentric (Band)

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold onto a counter or object for support

Execution:

- Lift one straight leg behind you as if stepping back
- Return to the starting position.



Start Position



Using buttocks, lift leg behind

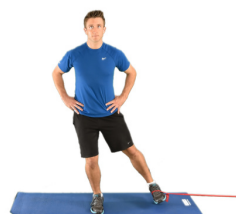
Hip Adduction (Band)

Preparation:

- Stand with band around ankle as shown

Execution:

- Bring one foot towards the other



Start Position



Bring one foot towards the other

Wall Squat + Adductor Contraction (Ball)

Preparation:

- Stand with back against wall, feet away from wall
- Ball between knees

Execution:

- Perform a squatting motion, sliding down the wall
- Squeeze ball gently between your knees
- Rise up, straightening at the hip



Back against wall, ball between knees



Squat, while squeezing ball between knees

Straight Leg Raise - Mid Range

Preparation:

- Lay on your back, propped up on your elbows
- Bend your uninvolved knee to 90 degrees, foot flat on the ground

Execution:

- Keeping your knee straight, lift your foot about 10 inches off the ground
- Gently lower your foot back to the ground



Prop up on elbows



Lift leg, knee straight

Hip Abduction Sidelying | Straight Leg

Preparation:

- Lay on side, Body and legs straight

Execution:

- Raise top leg



Lay on side



Raise top leg

Hip Extension - Straight Knee

Preparation:

- Lay on your stomach

Execution:

- Lift your foot about 10 inches off the ground, keeping your knee straight
- Relax your leg back to the ground



Start Position



Lift leg - keep knee straight

Hip Adduction Sidelying | Top Leg Bent

Preparation:

- Lay flat on your side as shown

Execution:

- Lift your bottom leg off the ground



Bottom leg straight, top leg bent



Lift bottom leg up