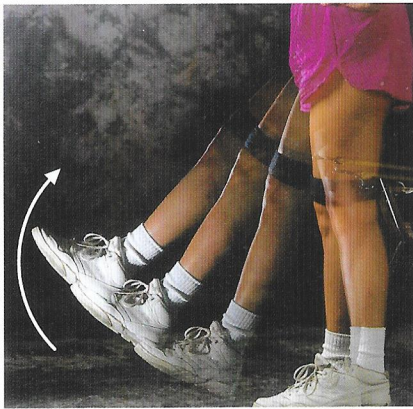


Hip Series

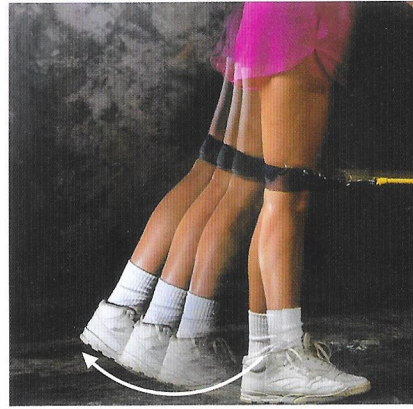


Flexion



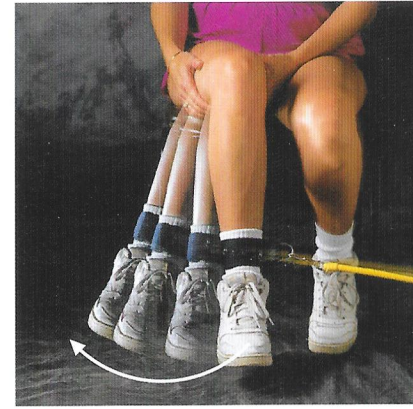
Use a chair for balance during this exercise. Place retainer 12" from bottom of door. Move away until THERA-CISER is taut with leg raised at 45° to floor. Keeping knee steady, push foot out until leg is straight. Return and repeat.

Extension



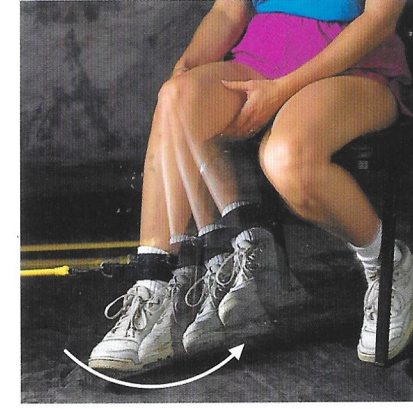
Use a chair for balance during this exercise. Place retainer 12" from bottom of door. Face door and move away until THERA-CISER is taut with leg straight. Keeping knee steady, pull foot back until leg is bent at 45° to floor. Return and repeat.

Internal Rotation



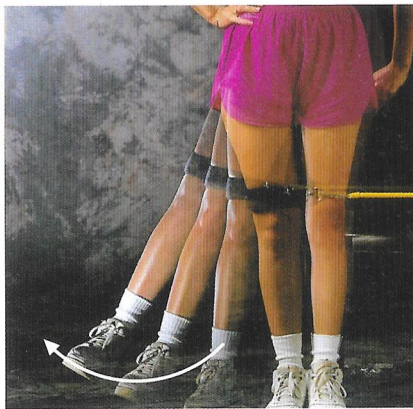
Use chair for this seated exercise. Place retainer 12" up from door bottom. Begin with feet a shoulder's width apart, exercise leg forward. Move away until THERA-CISER is taut. Brace knee with hands above knee. Pull foot across. Return and repeat.

External Rotation



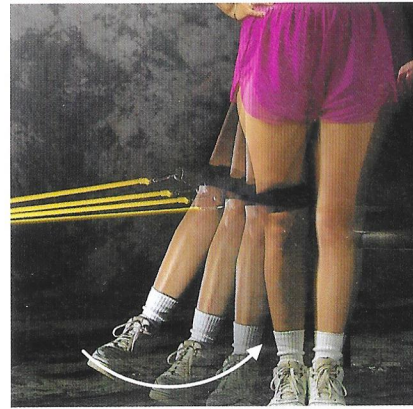
Use chair for this seated exercise. Place retainer 12" up from door bottom. Move away until THERA-CISER is taut. Begin with feet a shoulder's width apart, exercise leg forward. Brace knee with hands above knee. Pull foot straight across. Return and repeat.

Abduction



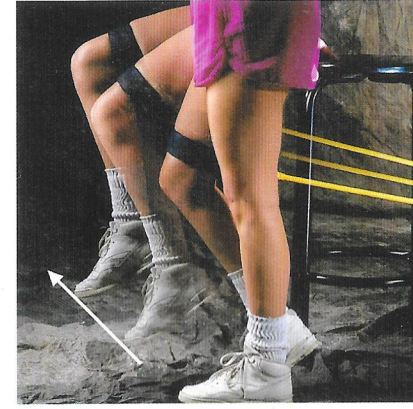
Use a chair for balance during this exercise. Place retainer in door at knee level. Stand with side to door and move away until THERA-CISER is taut. Keeping knee straight, raise leg to side. Return and repeat.

Adduction



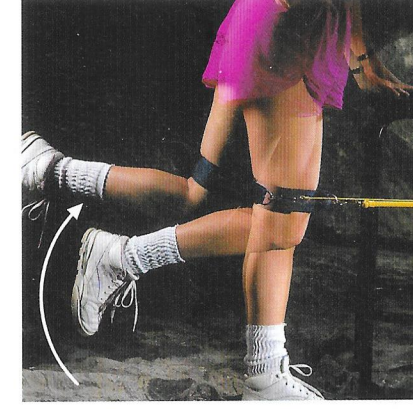
Use a chair for balance during this exercise. Place retainer in door at knee level. Stand with side to door and move away until THERA-CISER is taut with leg raised to side. Keeping knee straight, pull leg down. Return and repeat.

Hip Flexors



Use chair for balance during this exercise. Place retainer at bottom of door. With back to door, move away until THERA-CISER is taut with knee bent and toe touching floor. Lift leg with knee bent. Return and repeat.

Hip Extensors



Use chair for balance during this exercise. Place retainer at knee level. Lean on chair back, bend leg at knee. Keeping leg bent, swing leg back from hip. Return and repeat.