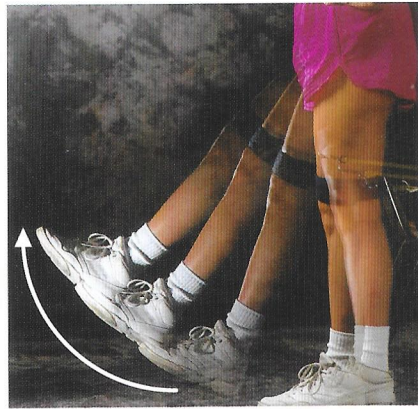
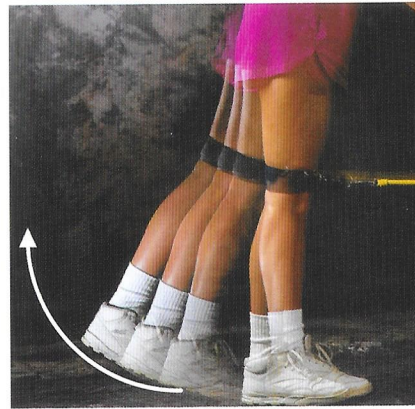


## Hip Flexion



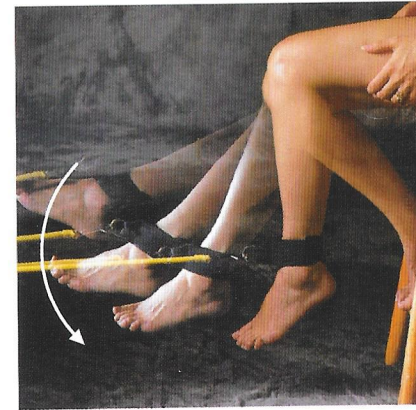
Use a chair for balance during this exercise. Place retainer in door at knee level. Face away from door and move away until THERA-CISER is taut. Keeping knee straight, raise leg. Return and repeat.

## Hip Extension



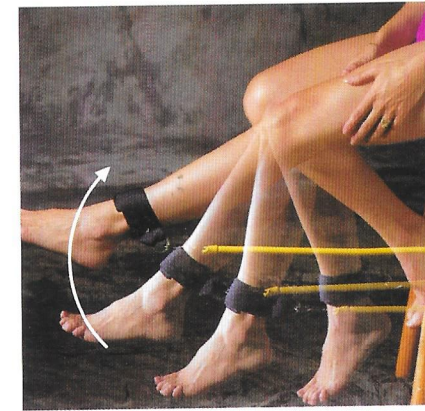
Use a chair for balance during this exercise. Place retainer in door at knee level. Face door and move away until THERA-CISER is taut. Keeping knee straight, raise leg to rear. Return and repeat.

## Flexion



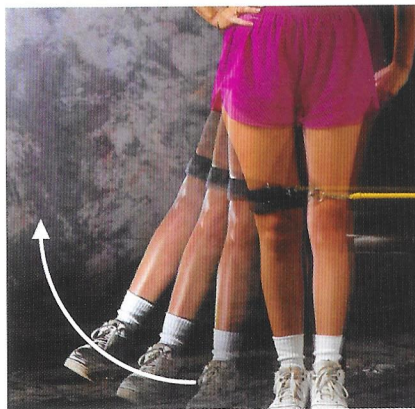
Place retainer in door at knee level. Sit on chair, facing door, with leg lifted, slightly bent at knee, THERA-CISER is taut. Grasp thigh firmly just above the knee, fingers interlaced. Pull foot back. Return and repeat.

## Extension



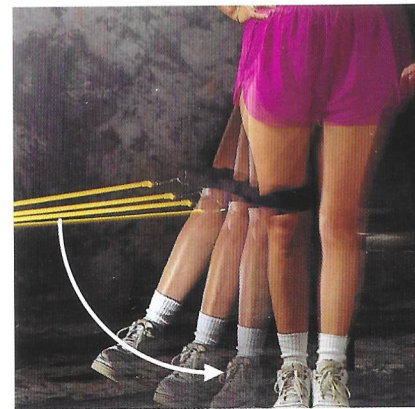
Place retainer in door at ankle level. Sit facing away from door and move away until THERA-CISER is taut. Leg should be bent at knee. Hold thigh and knee positions and push foot out until leg is straight. Return and repeat.

## Hip Abduction



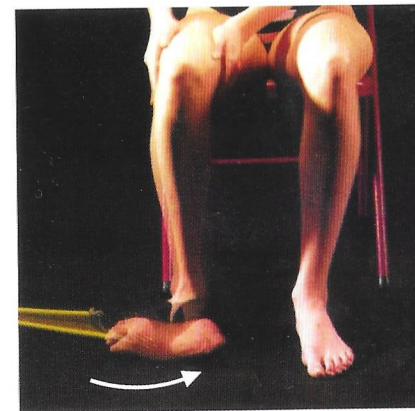
Use a chair for balance during this exercise. Place retainer in door at knee level. Stand with side to door and move away until THERA-CISER is taut. Keeping knee straight, raise leg to side. Return and repeat.

## Hip Adduction



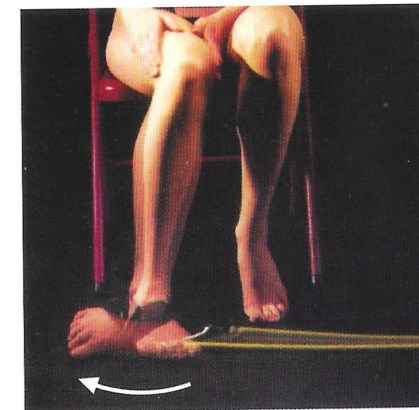
Use a chair for balance during this exercise. Place retainer in door at knee level. Stand with side to door and move away until THERA-CISER is taut with leg raised to side. Keeping knee straight, pull leg down. Return and repeat.

## Internal Rotation



Use chair for this seated exercise. Place retainer at bottom of door. Begin with feet a shoulder's width apart. Action foot forward, heel on floor, THERA-CISER is taut. Brace knee with hands above knee. Pull toes in. Return and repeat.

## External Rotation



Use chair for this seated exercise. Place retainer at bottom of door. Begin with feet a shoulder's width apart. Action foot forward, heel on floor, THERA-CISER taut. Brace knee with hands above knee. Pull toes out to side. Return and repeat.