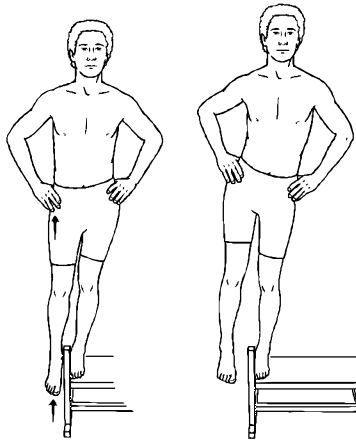


HIP / KNEE - 56 Hip Hike

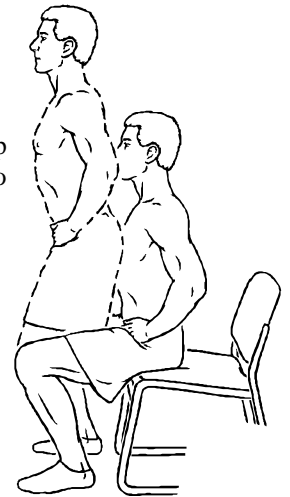
Stand on step, right leg off step, knee straight. Step down touching left heel to floor keeping hips level (picture shows slightly different exercise).



Repeat 15 times per set.  
 Do 2-3 sets per session.  
 Do 2-3 sessions per week.

HIP / KNEE - 77 Single leg squat

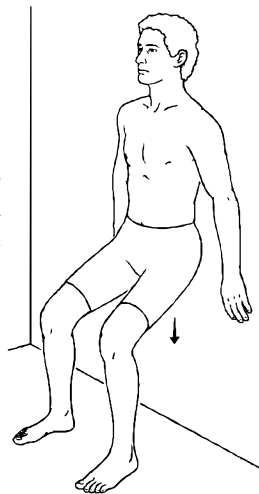
Stand by edge of chair on one leg, extend other leg out in front (arms can be extended for balance) sit back onto chair (use pad to build up chair height if unable to perform to chair). Picture shows slightly different exercise).  
 on floor. Extend one leg Stand upright, extending knees fully.



Repeat 8-12 times per set.  
 Do 2-3 sets per session.  
 Do 2-3 sessions per week.

HIP / KNEE - 25 Strengthening: Wall Slide

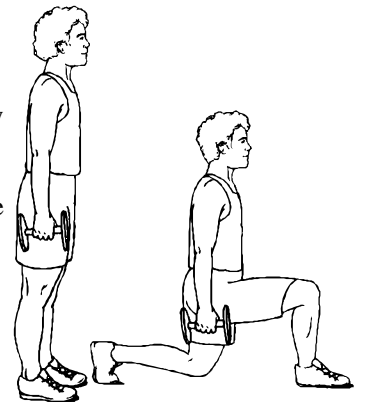
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 10 seconds. Tighten thigh muscles and return. To increase difficulty hold dumb bells in hands. Also can squeeze a large ball between knees to increase adductor work.



Repeat 10 times per set.  
 Do 2-3 sets per session.  
 Do 2-3 sessions per week.

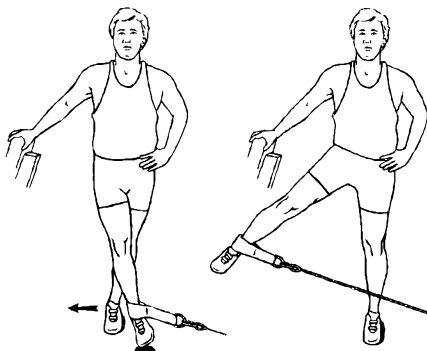
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs. If this hurts knees then perform by stepping back instead of forward. When you step be sure that knee does not come past toes (see picture).



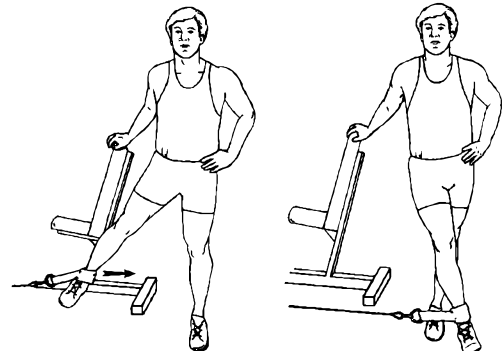
Do 2-3 sets.  
 For strength do 2-3 sets of 8-10 using heavy weight.  
 For re-hab or injury prevention do 3 sets of 15-20 using light weights.

LEGS: GLUTES / THIGHS - 33 Leg Abduction: Standing (Cable) Can perform on Multi Hip Machine or in Side Lying with cuff weights.



Holding support, sweep leg outward away from body.  
 Do 2-3 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 37 Leg Adduction: Standing (Cable) Can perform on Multi-Hip machine or side lying with cuff weights.



Holding support, sweep leg inward across body.  
 Do 2-3 sets. Complete 15 repetitions.





