

# Westminster Accident and Injury Center

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Name:

Date:

Series:

Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not skip a day or double up on your routine. If you feel some discomfort or soreness it is due to your muscles becoming stronger and conditioned.



## Hip Flexion

- Tie ends of band together and anchor band in door
- Face away from the door and wrap band loop around ankle
- Extend to leg forward keeping the knee straight for two counts
- Release leg back for two counts

Reps: 10      Sets: 3



## Hip Extension

- Tie ends of band together and anchor band in door
- Face the door and wrap band loop around ankle
- Flex the leg back keeping the knee straight for two counts
- Release leg back for two counts.

Reps: 10      Sets: 3



## Hip Adduction

- Tie ends of band together and anchor band in door
- Stand sideway next to the door and wrap the band around ankle closest to the door
- Flex the leg in and across the body for two counts keeping the knee straight
- Release the leg back for two counts

Reps: 10      Sets: 3



## Hip Abduction

- Tie ends of band together and anchor band in door
- Stand sideway next to the door and wrap the band around ankle furthest from door
- Flex the leg out and away keeping the knee straight for two counts
- Release the leg back for two counts

Reps: 10      Sets: 3