

**YOUR DVD CODE: 240 - 788 - 546 - 195 - 507 - 575**

**1: 240 - Hip Flexor Stretch**



- Support body weight on knee and opposite foot
- Move body forward until comfortable stretch is felt
- Keep hips level at all times

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

**2: 788 - Hip Abduction in Side-Lying**



- Lie on side with top leg straight
- Lift top leg towards ceiling

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: as tolerated Hold Time: 5s

**3: 546 - Hip Extension in Prone**



- Lie on stomach
- Raise one leg towards ceiling, holding buttocks tight.

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: as tolerated Hold Time: 5s

**4: 195 - Straight Leg Raise in Supine**



- Lie on back with one leg bent and the other straight
- Raise straight leg towards ceiling

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: as tolerated Hold Time: 5s

**5: 507 - Side-Bending Stretch In Standing**



- Stand with leg crossed over the other
- Slowly lean to side until stretch is felt

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

**6: 575 - Resisted Hip Abduction in Standing**



- Place band around ankle
- Pull leg outward away from body

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Side: Both