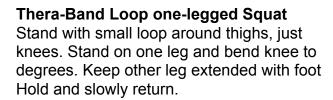


Thera-Band Loop Lateral Walk (Monster Walk)

Begin with medium loop wrapped around your thighs, above the knees. Slightly bend your hips and knees into an athletic position. Keep your back straight as you step laterally against the band.





above the about 45 off the ground.



Thera-Band Loop Squat Stand with small loop just above the knees. Keep shoulder-width apart. the hips forward, keeping and lower hips to ground by Squat as low as Hold and slowly return.



around thighs, feet a Slightly bend back straight bending knees. comfortable.

Thera-Band Loop Hip Abduction in Standing

Stand with medium loop around ankles. Kick leg outward while keeping knee straight. Use support as needed to maintain an upright trunk. Hold and slowly return.



Thera-Band Loop Hip Extension in Standing

Stand with medium loop around ankles. Extend leg backward while keeping knee straight. Use support as needed to maintain an upright trunk. Hold and slowly return.

Complete 3 sets of 15 repetitions in each direction. Perform 3 times per week for at least 4 weeks. Gradually increase the resistance each week.



Thera-Band Hip Abduction

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand with side closest to attachment with non-exercising leg. Keep your knees straight and kick outward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Thera-Band Hip Adduction

Loop the band around your ankle, and stabilize the band to a stationary object near the floor. band to side closest to exercising leg. Keep your and kick inward. Keep your back straight, and bending over. Hold and slowly return.



the other end of Stand with knees straight avoid leaning or



Thera-Band Hip Extension

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand facing the attachment. Keep your knees straight and kick backward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Thera-Band Hip Flexion

Loop the band around your ankle, and stabilize the the band to a stationary object near the floor. Face attachment, keep your knees straight and kick your back straight, and avoid leaning or bending and slowly return.



other end of away from the forward. Keep over. Hold