

exercises programs

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#### Thera-Band Rehab Station Hip Level I: Basic exercises for hip rehabilitation

Perform these exericses under the supervision of a qualified healthcare provider. Certain exercises may not be appropriate for every individual, while other exercises may be indicated. All exercises should be performed painfree.

CPT Code: 97110 or 97112



## **Rehab Station Hip External Rotation on Ball**

Origin: Lower Vertical Attachment: Extremity Strap

Movement: Rotate lower leg inward; keep knee and thigh aligned.



## Rehab Station Hip Internal Rotation on Ball

Origin: Lower Vertical Attachment: Extremity Strap

Movement: Rotate lower leg outward; keep knee and thigh aligned.



#### Rehab Station Hip Flexion on Stability Trainer

Origin: Lower Vertical Attachment: Extremity Strap

Movement: Extend leg forward, keeping knee straight. Don't lean

the trunk backward.

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# Rehab Station Hip Abduction on Stability Trainer

Origin: Lower Vertical
Attachment: Extremity Strap

Movement: Extend leg outward, keeping knee straight. Don't lean

the trunk to the side.



### Rehab Station Hip Extension on Stability Trainer

Origin: Lower Vertical Attachment: Extremity Strap

Movement: Extend leg backward, keeping knee straight. Don't lean

the trunk backward.



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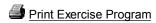
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# Thera-Band Loop Hip Strengthening (Beginner): Beginner exercises for hip strengthening

Perform these exercises under the supervision of a qualified healthcare provider. Certain exercises may not be appropriate for every individual, while other exercises may be indicated. All exercises should be performed painfree.





Lay with medium length band looped around knees. Push knees outward against band, keeping feet together. Hold and slowly return.





Loop short or medium band around ankle. Lay on your side. Keep knees together while lifting top ankle upward. Hold and slowly return.



Thera-Band Loop Hip Extension in Prone

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Lay on your stomach with both ends of a medium band around your ankles. Keep one foot on the mat to stabilize as you lift your leg upward toward the ceiling. Keep your knees straight. Hold and slowly return.



# Thera-Band Loop Hip Rotation + Abduction in Sidelying

Lay on your side with a medium loop around knees. Push the bottom knee into the mat while lifting the top knee against the band. Hold and slowly return.



# Thera-Band Loop Hip Abduction in Sidelying (Knee Bent)

Lay on your side with a medium loop around knees. Slightly bend knees. Push the bottom knee into the mat while lifting the top knee against the band. Hold and slowly return.



# Thera-Band Loop Bridge + Hip Abduction in Supine

Loop a medium band around knees with feet shoulder width apart. Llft rear off mat while pushing knees outward toward band. Hold and slowly return.



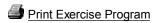
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# Thera-Band Wall Station Hip Level I: Basic exercises for hip rehabilitation

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**CPT Code: 97110** 



**Wall Station Hip External Rotation** 

Origin: Lower Vertical
Attachment: Extremity Strap

Movement: Rotate lower leg inward; keep knee and thigh aligned.



**Wall Station Hip Internal Rotation** 

Origin: Lower Vertical Attachment: Extremity Strap

Movement: Rotate lower leg outward; keep knee and thigh

aligned.



Wall Station Hip Extension Origin: Lower Vertical

Attachment: Extremity Strap

Movement: Extend leg backward, keeping knee straight. Don't lean

the trunk backward.

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**Wall Station Hip Abduction** Origin: Lower Vertical Attachment: Extremity Strap Movement: Extend leg outward, keeping knee straight. Don't lean

the trunk to the side.



**Wall Station Hip Flexion** Origin: Lower Vertical Attachment: Extremity Strap

Movement: Extend leg forward, keeping knee straight. Don't lean

the trunk backward.



**Wall Station Hip Adduction** Origin: Lower Vertical Attachment: Extremity Strap

Movement: Extend leg inward, keeping knee straight. Don't lean

the trunk.



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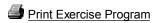
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Thera-Band Loop Hip Strengthening (Closed Chain): Closed kinetic chain exercises for hip strength and balance training

Perform these exercises under the supervision of a qualified healthcare provider. Certain exercises may not be appropriate for every individual, while other exercises may be indicated. All exercises should be performed painfree.



### Thera-Band Loop Step Up

Begin with medium loop wrapped around your thighs, above the knees. Keep your back straight as you step upward against the band.



# 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.



#### Thera-Band Loop one-legged Squat

Stand with small loop around thighs, just above the knees. Stand on one leg and bend knee to about 45 degrees. Keep other leg extended with foot off the ground. Hold and slowly return.

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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.



### Thera-Band Loop Hip Flexion in Standing

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



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