



exercises programs

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

 [Print Exercise Program](#)

[Close Window](#)

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

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.

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.

**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. [Print Exercise Program](#)[Close Window](#)

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Thera-Band® and Associated Colors are trademarks of the Hygenic Corporation.
Unauthorized use is strictly prohibited. © 2003 The Hygenic Corporation. All rights reserved.
Send site related comments e-mail: Webmaster@thera-band.com
This page last modified Thursday, February 08, 2007
Sponsored by THERA-BAND®.



exercises programs

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

 [Print Exercise Program](#)

[Close Window](#)

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.

Thera-Band Loop Hip Abduction + Rotation in Supine



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

Thera-Band Loop Hip Internal Rotation in Sidelying



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



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. Lift rear off mat while pushing knees outward toward band. Hold and slowly return.

 [Print Exercise Program](#)

[Close Window](#)

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

THERA-BAND® and Associated Colors are trademarks of the [Hygenic Corporation](#).
 Unauthorized use is strictly prohibited. © 2003 The Hygenic Corporation. All rights reserved.
 Send site related comments e-mail: Webmaster@thera-band.com
 This page last modified Monday, August 25, 2008
 Sponsored by THERA-BAND®.



exercises programs

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

 [Print Exercise Program](#)

[Close Window](#)

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

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.

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.

**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. [Print Exercise Program](#)[Close Window](#)

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Thera-Band® and Associated Colors are trademarks of the [Hygenic Corporation](#).
Unauthorized use is strictly prohibited. © 2003 The Hygenic Corporation. All rights reserved.

Send site related comments e-mail: Webmaster@thera-band.com

This page last modified Thursday, February 08, 2007

Sponsored by THERA-BAND®.



exercises | programs

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

 [Print Exercise Program](#)

[Close Window](#)

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.

**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.

 [Print Exercise Program](#)

[Close Window](#)

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Thera-Band® and Associated Colors are trademarks of the [Hygenic Corporation](#).
Unauthorized use is strictly prohibited. © 2003 The Hygenic Corporation. All rights reserved.

Send site related comments e-mail: Webmaster@thera-band.com

This page last modified Monday, August 25, 2008

Sponsored by THERA-BAND®.