



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.

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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.

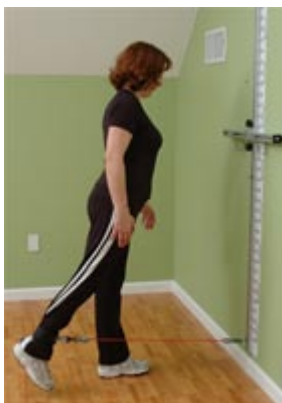


Wall Station Hip Internal Rotation

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](#)

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