



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®.