




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 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.



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