



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 (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.

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