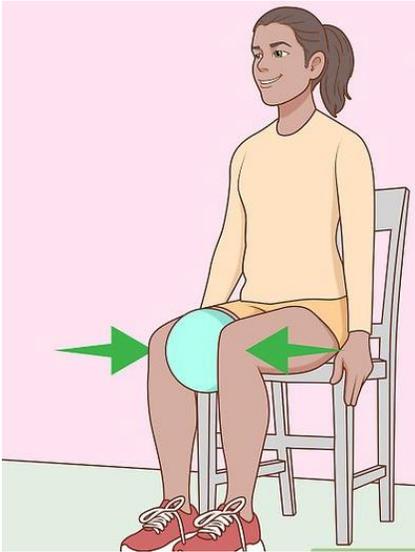


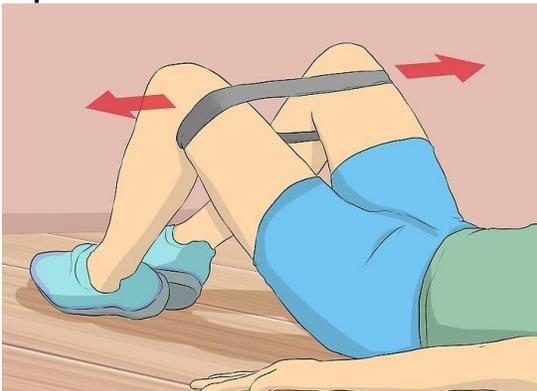
Hip Adduction



- Hold for 5 seconds
- Repeat 5x inward
- Perform exercise 2x/day

- Please note both the hip adduction and hip abduction can be done in a sitting or lying position

Hip Abduction



- Hold for 5 seconds
- Repeat 5x outward
- Perform exercise 2x/day

