



### Hip Abduction

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.

### Side Bend

- Stand, holding elastic in right hand, right foot securing other end of elastic as shown.
- Bend to left, keeping elbow straight.
- Slowly return to start position and repeat.
- Repeat sets with other side.

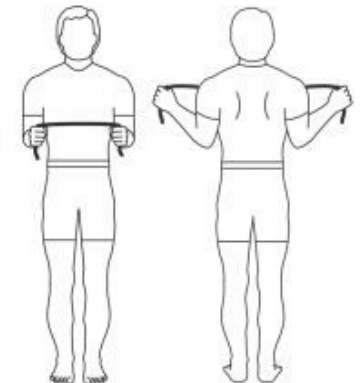


### Reverse Flies\*

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Slowly return to start position.

### Scapular Retraction

- Hold arms at sides with elbows bent, holding ends of elastic in each hand.
- Squeeze shoulder blades together by moving hands outward slightly.
- Slowly return to starting position.



### Hip External Rotation

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle inward.
- Slowly return to starting position and repeat.



### Hip Flexion (Sitting)

- Sit in chair.
- Loop elastic around thigh slightly above knee, stabilize ends of band under opposite foot.
- Lift one leg up, slowly return.
- Repeat.